



Cook time: 15 mins

Serves: 4

Prep time: 20 mins

Indian Stir Fried Chicken and Spring Onion

Ingredients

- 50g brown onions, peeled
- 15g ginger, peeled
- 6 cloves garlic, peeled
- 3 green chillies
- 1 tbsp canola oil
- 1 tbsp coriander seeds, crushed
- 1 tsp cumin powder
- ¼ tsp turmeric powder
- 400g boneless chicken breast, skin removed, cut into 3cm cubes
- 1 tsp garam masala powder
- 100g spring onions, cut into 1cm lengths
- 2 tbsp fresh coriander, chopped
- Salt to taste

Method

- Place onions, ginger, garlic, and green chillies in a food processor and process to a fine paste.
- Heat oil in a thick-bottomed non-stick pan, and sauté crushed coriander seeds for a few seconds.
- Add paste and sauté for 4 minutes. Add cumin and turmeric powder, and stir some more.
- Add chicken cubes, and stir fry for 2–3 minutes.
- Cover pan and cook over small fire for 7–8 minutes, stirring occasionally.
- Add spring onions, garam masala powder and fresh coriander.
- Add salt to taste and mix well. Serve hot. This dish can be eaten with other grains, chapatti, or wholegrain bread.

Nutrition Information (Per Serving):

Energy: 181kcal

Protein: 25.1g

Total fat: 5.6g

Carbohydrates: 8.1g

Dietary fibre: 2.7g