

Coconut Chicken Curry



Okay...so there's no curry powder or chilli in this recipe but that's because I'm looking to create something that tastes yummy and doesn't set off Molly's reflux.

This works really nicely. Full of flavour, and served over wild rice it's delicious.

[Free From: Dairy, Egg, Gluten, Soya](#)

Serves 4

Ingredients:

4 Free Range chicken breasts

Marinade

2tbs soya sauce (Tamara if you're going gluten free)

2 tbs fish sauce

2 cloves crushed garlic

2 tbs olive oil

Cut the chicken into strips. Mix the marinade ingredients together in a large bowl and add the sliced chicken. Cover and leave for 30 minutes.

Sauce Base

Juice and zest of one lime

12 Thai basil leaves

Walnut sized piece of ginger, peeled and roughly chopped

1 shallot - chopped

2 sticks lemon grass - chopped

1tbs chicken stock

1tbs water

In a food processor mix the sauce ingredients until you have a smooth paste.

Final Bits

1 tin coconut milk

250ml coconut cream

1 cup chopped mushrooms

1 cup chopped courgette

Method

Put a couple of tablespoons of olive oil in a frying pan, heat the oil on a medium setting. Throw in a few pieces of chicken at a time and brown. Remove the browned chicken and continue until all the marinated chicken is a nice brown colour.

Add back the chicken, the left over marinade, the paste and stir.

Add in the coconut milk and coconut cream and stir. Leave to simmer for 15 minutes to finish off the chicken and develop the flavours. For the last ten minutes add in the chopped vegetables so they cook, but don't get squidgy.

Serve on top of rice. And I didn't add salt or pepper (which is odd as I usually do) but you may wish to!

Related Articles:

[Cupcake Decorations - Easter](#)

[Vegan Chocolate Mousse](#)

[Vegan Crystallised Ginger Cupcakes](#)

[Vegan Swiss Roll](#)

[Gluten Free, Egg Free Fish Cakes](#)

Brought to you by Allergy Mums

[Back to top](#)

[Previous](#) | [Next](#)