

## Healthy Coronation Chicken



### **Ingredients:**

1-2 chicken breast  
100g Full Fat Greek yoghurt (not low fat crap)  
1 tbsp curry powder  
½ tsp garlic powder  
1 tsp turmeric  
1 tbsp raisins  
1 tbsp fresh coriander  
2 tbsp Indian marinade (*To make the marinade, combine 2-3 tbsp full fat yogurt, grated ginger, minced garlic, lime juice, salt, and these dry spices (1tsp chilli powder, 1tsp turmeric, 1tsp garam masala, 1tsp coriander powder and dried fenugreek leaves) in a large mixing bowl. Mix the contents well.*)  
100g cauliflower florets or small portion of rice  
Sea Salt & black pepper to taste

**Method:**

1. Marinate chicken breast with the curry marinade and refrigerate for an hour
2. Roast in the oven at 170 degrees for around 30 minutes (or until cooked) – pull apart the chicken and add to mixing bowl
3. Add the yoghurt and spices and mix well
4. Season to taste and add raisins and coriander
5. Blitz the cauliflower in a blender and stir for 3-5 minutes with a little black pepper and salt and serve. Alternatively boil up a small portion of rice.

Bosh, get it down ya 😊