

Less than 45 minutes

Serves 4

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Ingredients:

- 1 Tbsp (15ml) butter
- 1 onion, diced
- 3 cloves garlic, crushed
- 2cm knob fresh ginger, finely grated
- 2 tsp (10ml) turmeric
- 2 Tbsp (30ml) garam masala
- 2 tsp (10ml) paprika
- 1 can (410g) diced tomatoes
- 1 red chilli, chopped
- 1 small can (200ml) coconut milk
- 4 (700g) cubed chicken breast fillets or 2 packets (200g each) PnP tofu
- 2 cups (500ml) baby spinach
- ½ cup (125ml) PnP Livewell kefir
- 2 tsp (10ml) honey
- Salt and milled pepper
- Cooked brown rice and fresh coriander, for serving

Method:

1. Heat butter in a pan and sauté onion for 8 minutes.
2. Stir in garlic and ginger and cook for 2 minutes.
3. Add spices and fry for a minute.
4. Tip in tomatoes, chilli and coconut milk and simmer for 10 minutes.
5. Add chicken and cook for another 10 minutes (5 minutes if using tofu).
6. Stir through spinach, kefir and honey and cook for 5 minutes.
7. Season well.
8. Serve on a bed of rice and top with coriander.