



# Low FODMAP Chicken Madras Curry

Serves: 4

Prep: 20 minutes

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
2 tbsp olive oil	37 g	1.3 oz
2 tbsp garlic infused olive oil	37 g	1.3 oz
1 tsp cinnamon		
1 tbsp ginger, finely chopped	12 g	0.4 oz
1 tsp turmeric		
1 tsp cumin seeds		
1 tsp ground coriander		
1 tsp garam masala		
1/2 tsp cayenne pepper		
Chicken thigh fillets, cut in half	550 g	19.4 oz
8 fresh curry leaves		
2 medium tomatoes, roughly chopped	304 g	10.7 oz
1/3 cup coconut milk, canned	84 g	3 oz
1/4 cup coriander, roughly chopped		

## Method

1. Heat the regular olive oil in a large saucepan over medium heat. Place the ginger and cinnamon in the pan and cook for 1 minute. Add in the garlic infused olive oil, turmeric, cumin, ground coriander, garam masala, cayenne and curry leaves. Cook for 5 minutes, stirring constantly.
2. Add the chicken thighs to coat, and cook for 3 minutes. Stir in the roughly chopped tomatoes and cook for 15 minutes.
3. Add the coconut milk and stir, simmer for 1-2 minutes, then remove from heat.

## Hints

- Add in your choice of chopped low FODMAP vegetables in between step 2 & 3 to increase your veggie intake for the day!
- Suitable for freezing

Nutrition Information (per serve)	
<b>Energy</b>	1753 Kj / 419 cal
<b>Protein</b>	25.30g
<b>Carbohydrates</b>	4.10g
<b>Sugar</b>	2.50g
<b>Total Fat</b>	33.50g
<b>Saturated Fat</b>	9.00g
<b>Fibre</b>	1.80g