



JAMES MARR NATUROPATHY

HELPING YOU LIVE A HEALTHIER LIFE

## Healthy Recipes for a Healthier Life

### Butter Chicken

#### **Ingredients**

Olive oil

1 large onion, chopped

3 garlic cloves, crushed

1 tsp minced ginger

1 heaped tsp each of turmeric, coriander seed, cumin, and smoked paprika

500g diced chicken breast

2 medium sweet potatoes, diced

½ cauliflower, chopped

1 tin of coconut milk

1 tin of coconut cream

1 tsp chicken stock powder

1 large pinch salt (to taste)

#### **Instructions**

Fry onion, garlic and ginger in olive oil for a few minutes until onion is soft

Add turmeric, coriander seed, cumin, and smoked paprika to pan and fry for another minute

Add diced chicken breast and fry until lightly cooked

Add mixture to slow cooker with all remaining ingredients

Cook on low for 6 hours

Serve on a bed of basmati rice

Enjoy!