

Chicken madras curry



 Serves: 4  Prep: 20 minutes  Cook: 30 minutes  [Stack Cup](#)

Packed full of herbs and spices, this chicken madras is perfect for a cosy night at home! Serve with steamed rice to mop up all of the delicious flavours.

*Recipe adapted from www.taste.com.au

Metric

Imperial

ingredients

2 tbs olive oil

37 g

2 tbs garlic infused olive oil

37 g

1 tsp cinnamon

1 tbs ginger, finely chopped	12 g
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
8 fresh curry leaves	
2 medium tomatoes, roughly chopped	304 g
1/3 cup coconut milk, canned	84 g
1/4 cup coriander, roughly chopped	

Method

Step 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.

Step 2

Add the chicken thighs to coat, and cook for 3 minutes. Stir in the roughly chopped tomatoes and cook for 15 minutes.

Step 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

