

CHICKEN TURMERIC HOT POT



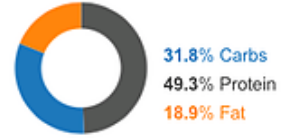
Macros: 6-8 servings

Carbs: 156g

Protein: 236g

Fat: 40g

Total calories: 1913



Chicken Turmeric Hot Pot is a wonderful tasting, wholesome dish with mouth-watering flavours. This naturally low calorie dish has key ingredients for strengthening and repairing your immune system. A great way to nourish your body at the end of the day.

INGREDIENTS: (serves 6-8)

| | |
|-----------------------------------|--|
| 4 chicken breasts | 1 red chilli pepper (optional) |
| 6 chicken thighs | 1 Tbsp of turmeric |
| 1 red onion | 1 Tbsp of smoked cayenne pepper |
| 1 garlic clove | 1 tsp of ground black pepper |
| 4 carrots | 1 chicken stock cube |
| 2 celery sticks | 1 can of chopped tomatoes |
| 1 large sweet potato | Handful of fresh coriander |
| 4 cups of button mushrooms | 1 Tbsp organic virgin coconut oil |
| 1 pepper (any colour) | 2 pinches of pink Himalayan salt |

HOW TO MAKE IT:

- Pre-heat oven on low temperature
- Trim skin and fat from chicken and discard
- Cut chicken breast into equal large chunks (put to one side)
- Add coconut oil to large casserole pot on a low hob heat
- Chop onions and garlic and brown in the pot
- Add the chicken breast chunks and whole chicken thighs and stir whilst seasoning with turmeric, ground black peppercorns and smoked cayenne pepper until chicken is coated and turning brown
- Add the can of chopped tomatoes and stir
- Fill empty tomato can with water and add to pot
- Sprinkle in the chicken stock cube and stir
- Chop and add the carrots, celery, pepper and chilli pepper
- Peel and chop the sweet potato into chunks and add to the pot
- Cut mushrooms in half and add stirring carefully
- Bring pot to simmer for 5 minutes
- Roughly chop coriander and stir into pot
- Place lid on the pot and transfer into oven and slow cook for 2 hours 30 minutes

(Serve with brown rice or couscous to bulk out the meal)