

# CHICKEN TURMERIC HOT POT



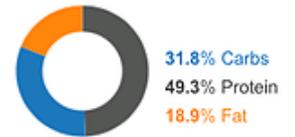
**Macros:** 6-8 servings

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)*

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