

# CASHEW CHICKEN CURRY & WILD RICE

## Ingredients Serves 2

- 50 g wild rice (uncooked)
- 100g mange tout
- 120g cherry tomatoes
- 1 teaspoon coconut oil
- 1 onion, chopped
- 1 lime
- 1 tbsp curry powder
- 2 teaspoons cashew/almond butter
- 2 x 180g free-range chicken breast
- 30g creamed coconut
- 1 cube fresh ginger



## Method:

1. Boil a kettle. Rinse the wild rice and add to a saucepan with 500ml boiling water and a pinch of sea salt. Simmer for 25-30 mins.
2. Finely dice the onion. Peel and grate or finely chop the ginger. Slice the chicken into bite-sized pieces.
3. Heat a large pan on a medium heat with the oil and add the ginger, curry powder, diced onion and chicken and cook for 5 mins until turning golden.
4. Meanwhile, slice the cherry tomatoes in half and trim the mange tout. Dissolve the creamed coconut in a jug of 150ml boiling water and stir in the cashew butter.
5. Add the creamed coconut and cashew butter to the chicken pan, along with the cherry tomatoes and mange tout. Season with sea salt and black pepper and simmer for 5-10 mins until the sauce has thickened and the chicken is cooked through. Add more boiling water to the sauce for a thinner consistency, if desired.
6. Drain the rice.
7. Spoon the rice onto two warm plates and serve alongside the cashew chicken curry. Drizzle with the juice from the lime.