

LighterLife Management

Week 1 Recipes:

Fragrant coriander chicken

Pep up a simple chicken dish with the fragrant power of spices like cumin and turmeric.

Serves: 1

Nutrition per serving:

202 kcal, 38g protein, 5g carbs, 4g fat, 0g fibre

Ingredients:

- 3 tbsp hot stock (from LighterLife Savoury Broth)
- 150g skinless chicken breast, cut into bite-sized pieces
- 1 garlic clove, crushed
- 1 tsp minced ginger
- 1 pinch cayenne pepper
- ½ tsp ground coriander
- ½ tsp ground cumin
- pinch ground turmeric
- Small bunch fresh coriander, chopped
- 1 tbsp lemon juice

Method:

1. Brown the chicken with the garlic in a shallow, non-stick pan over a medium heat.
2. Stir in the rest of the ingredients, plus 2 tbsp water. Cover and cook gently over a low heat for 15 mins, stirring occasionally, until the chicken is cooked through. Add a splash more water if it looks like it's drying out.

Tips:

- Try this with prawns, Quorn, turkey or tofu – you might need to adjust the cooking time.
- Foodpack match: serve with a Chicken Noodles or Thai Noodles FastPot.