

# Chicken Korma

Allergens – **Gluten**, **Milk**

## Ingredients

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Quantity	Ingredient
1.2 kg	Raw Chicken Breast (diced)
100 g	Tomato Puree
800 g	Tinned Tomatoes
450 g	Onions
600 ml	Water
10 g	Garlic Puree
200 ml	Coconut Milk
200 g	<b>Low Fat Natural Yoghurt</b>
2 g	Ground <b>Cumin Powder</b> (may contain traces of <b>Wheat</b> )
2 g	Ground Turmeric
2 g	Ground Ginger
2 g	Ground Coriander
2 g	Ground Mild Chilli Powder



## Method

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1. Cook the onions and spices in a little of the water.
2. Add tomatoes, puree plus remainder of water and simmer for 30 minutes, blend if preferred.
3. Add chicken followed by coconut milk and yoghurt.
4. Place in a serving tin/dish with a lid and heat to 82°C to serve.

### Nutritional Content per 180g of Chicken Korma

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 95.0	= 1.2	= 0.3	= 4.8	= 0.2	= 5.4

**Portion size** - Primary –180g

Reviewed October 2020