

# DINNER

Serves: 6

Glycemic Load: 0  
(with no rice)

Glycemic Load: 9  
(with ½ cup rice)

Protein: 26



## Chicken Cashew & Coconut Curry

### Ingredients:

6 chicken thigh fillets, diced

1 can of coconut milk

½ cup [raw cashews](#)

1 tsp [ground cinnamon](#)

2 tsp [cumin seeds](#)

½ tsp [ground turmeric](#)

2 tsp [ground coriander](#)

½ tsp [chilli flakes](#)

1 Tbsp peanut oil

1 onion, thinly sliced

2 garlic cloves, crushed

2 Tbsp lemon juice

80g baby spinach

steamed [basmati brown rice](#),  
and lemon wedges, to serve

### Method:

Heat a large saucepan over medium heat. Add cashews. Cook for 1 to 2 minutes or until just browned. Add cinnamon, cumin, turmeric, coriander and chilli. Cook for 1 minute or until fragrant. Remove from pan. Set aside to cool slightly. Place mixture in a processor. Process until finely chopped. Heat oil in pan over high heat. Add onion and garlic. Cook, stirring, for 3 minutes or until softened. Add chicken. Cook, turning occasionally, for 2 to 3 minutes or until browned. Add cashew mixture. Cook, stirring constantly, for 1 minute or until chicken is coated.

Reduce heat to medium-high. Add coconut milk and 1/2 cup cold water. Bring to the boil. Reduce heat to low. Cover and simmer for 15 to 20 minutes or until chicken is cooked through. Stir in lemon juice and spinach. Cook for 1 to 2 minutes or until spinach has wilted. Serve curry with rice and lemon wedges.

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