



Chicken Garlic and Lime Balti Meat and Vegan Options

Prep: 5 minutes plus marinating
Cook: 25 mins
Total: 30 mins
Servings: 8 children and 1 adult

Ingredients

- 500g chicken breasts VEGAN: 300g sweet potato and 1 tin chickpeas
- 4 bell peppers
- Vegetable Oil
- 1 400g tin chopped tomatoes
- 1 vegetable stock cube
- 1 small onion
- 6 garlic cloves
- 2 limes
- 2 tbsp tomato purée
- 1 tsp ground turmeric
- 1 tsp ground coriander
- ½ tsp ground cumin
- ½ tsp ground garam masala
- ½ tsp ground ginger
- ½ tsp ground chilli powder
- ½ tsp sugar
- Sea salt and black pepper

Method

1. Cook the onion and garlic in a little oil over a medium heat for 5 minutes until softened
2. Put the cooked onion and garlic in a blender with the rest of the spices and a pinch of salt and pepper and blend into a paste.
3. Put the chicken in a bowl with the paste, making sure to coat it well. Marinate for at least an hour in the fridge.
4. Once the chicken has marinated transfer it to a frying pan with the peppers and a little oil. Sauté over a medium heat for 5 minutes, until the peppers have softened and the chicken has browned.
5. Add the tomatoes and stock and simmer over a medium heat for 15 minutes. When it is ready, the chicken will be cooked through and the sauce will have thickened.
6. Serve with broccoli to pack out the protein