



Chicken Coconut and Turmeric with Spinach

Those who love a creamy style chicken curry and want to enjoy it knowing that it's only full of healthy ingredients, give this one a go! You won't be disappointed and it comes up pretty well on the calorie and macronutrient chart also.



15mins



2



621cals



P-44, C-58, F-24

Ingredients

- Chicken Breast (150g - free ranged if possible)
- Coconut Oil (1tsp)
- ½ White Onion
- Baby Leaf spinach (50g)
- Turmeric (1tsp)
- Coconut Milk (75ml)
- Whole meal Rice (50g uncooked)

Method

For easy to follow guidelines of cooking please watch the recipe vid. Let me know what you think

<https://www.instagram.com/p/BYL9KEOHwH5/?taken-by=gotrainfitness>

