

Coconut curried pie



Serves	Prep Time	Cooking	Total Time	Calories
4 people				361 kcal

Stuff that's in it:

- 550G Chicken Breast (Diced)
- 130G Sweet Heart Cabbage (Sliced)
 - 250Ml Light Coconut Milk
- 3 Garlic Cloves (Finely Chopped)
 - 1 Tbsp Olive Oil
- 1 Level Teaspoon Ground Ginger
- 10G Cornflour ((Add The Cornflour To The Chicken Stock And Whisk))
 - 1 Tbsp (12G) Medium Curry Powder
 - 250Ml Chicken Stock
 - 2 Tsp Low Salt Soy Sauce
 - 100G Onion (Chopped)
 - 4 Pieces Fresh Filo Pastry
 - 30G Spinach

What you do:

Pre heat your oven to 200°C.

Heat an oven proof casserole dish and add a squirt of oil, add the chicken , carrot and onion and fry gently

for around 5 minutes , then add the garlic, ground ginger and curry powder, cook for 2 minutes. Add the chicken stock and stir through, then add the coconut milk and spinach and bring to the boil and simmer for 5 minutes.

Brush the sheets with the remaining oil, then scrunch and add to the top of the pie filling, shake some nigella seeds and pop it in the oven for 10-12 minutes until golden
Serve with vegetables or even rice.

Nutrition

- Carbs: 28g
- Fat: 9g
- Protein: 37g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com