

Satay Chicken Stew

Serves 4



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 8 chicken thighs, skinned
- 1 tsp ground black pepper
- 4 tbsp vegetable oil
- ginger a thumb-sized piece, skin on finely grated
- 1 onion, finely chopped
- 1-2 tsp dried chilli flakes , to taste
- 2 tbsp tomato purée
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp cumin seeds, toasted and ground
- 400g tin plum tomatoes
- 200g peanut butter (look for one with no added sugar)
- 1 red chilli, finely sliced
- Small bunch of coriander , roughly chopped



Method

1. Season the chicken with salt and the ground black pepper and set aside.
2. Heat the oil in a frying pan over a medium heat, then fry the ginger, onion and chilli flakes for 10 minutes, until soft but not coloured. Add the chicken, tomato purée and spices, and cook for 5 minutes, mixing well to coat.
3. Add the tinned tomatoes and bring to the boil. Reduce the heat and place a lid on the top on the pan. Simmer for around 20/25 mins until the sauce has thickened and the chicken has cooked through
4. Serve with boiled rice and leafy green vegetables.

Top tips

- This recipe also works really well in a slow cooker if you wanted to prepare ahead and come home to a nutritious meal that ready to go. After step 2, add all of the ingredient to the slow cooker pot. You will need to add around 400mls water to the pot so that it doesn't go dry, You will need to cook in on a low heat for 6-8 hours or 3-4 hours on a high heat.

Strawberry and Banana Smoothie

Serves 2

Ingredients

6 large strawberries
1 medium banana
1.5 tbsp of orange juice
250mls semi skimmed milk
4 ice cubes

Method

Simply pop all of the ingredients into a blender and whizz up until smooth!

We are now heading into strawberry season, which means that British strawberries are at their best and reasonably cheap.

This is a great way to make the most of what is in season and it works really well with all soft fruits.

Great for a quick breakfast, pudding or a cooling snack on a warm day!



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Other great smoothie flavours

Peach and banana

Blueberry and banana

Peach and raspberry

Apple, banana and spinach

Banana, natural yoghurt and honey

Have a go and some different combinations and let us know if you create a great one of your own!!