Makhani Chicken

**Ingredients**

Diced Chicken Breast 200g

Fresh Garlic 6g

onions 12g

Fresh Chilli Red chopped 6g

Garam Masala 5g

Fresh Coriander 20g

Lemon - Juiced ½ no

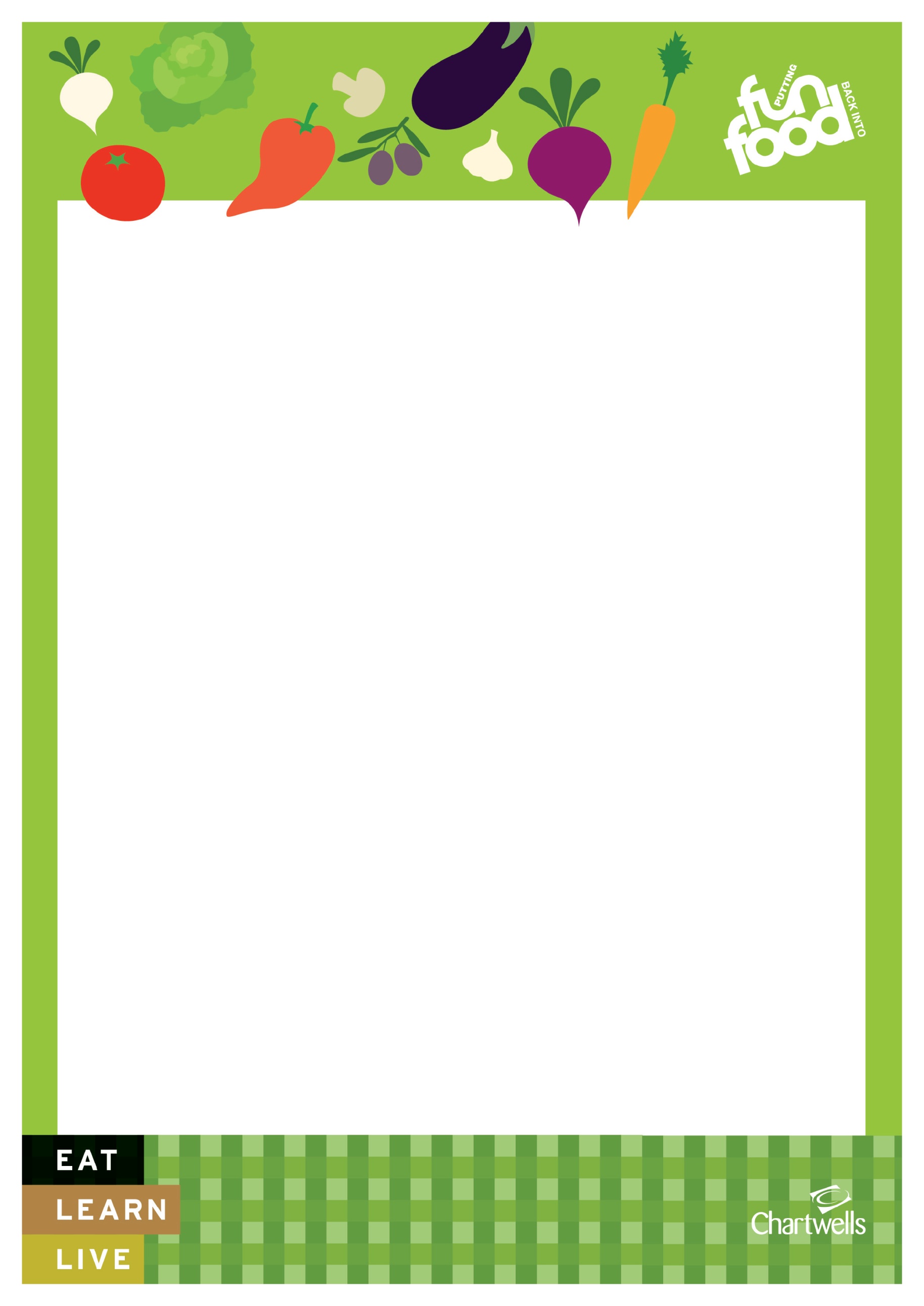
Pineapple Juice 40ml

green pepper 1

Tinned Chopped Tomatoes 50g

Demerara Sugar 20g

Vegetable Oil 10ml

Crème Fraiche 50ml

**Method**

1. Stir fry the chicken with the garam masala and diced chilli
2. Chop the garlic coriander stalks and veg then add to the chicken
3. Add the chopped tomatoes along with the lemon juice, pineapple juice and brown sugar and stir thoroughly.
4. Fold through the crème Fraiche and sprinkle with chopped coriander leaves.

**Key Nutritional Points and Facts**

* Chicken and other lean meats are an excellence source of protein, required for growth and repair of the muscles in the body.
* The recipe is full of fruits and vegetables, including tinned, juiced and fresh ingredients to suit everyone’s budget (ideal for survival guide) contributing towards your 5-a-day.
* Garlic, chilli, coriander, fruit juices are healthy flavourings, a great replacement to salt for seasoning.
* Using Crème Fraiche in the recipe will provide calcium, essential for strong teeth and bones. Low-fat alternatives such as yoghurt will also provide a great source of calcium with reduced fat.