



Chicken curry with sweet potato



Categoria
Carne



Tempo de preparação
Médio



Dificuldade
Fácil



Custo
Intermediate




Com quem?
With friends



Nº de pessoas
2 pessoas

Ingredientes

 To taste: Gallo Extra Virgin Olive Oil Bio

- 2 chicken breasts
- 200g of sweet potatoes
- 1 tsp of saffron
- 1 tsp of curry powder
- 1 tsp of ginger powder
- 1 chopped shallot
- 75g of chopped garlic cloves
- 0,5 seedless red chilli pepper
- 1 tbsp of fresh grated ginger
- 1 can of coconut milk
- 38g of spinach
- Salt, to taste
- Coriander, to taste
- Lime, to taste
- Basmati rice, to taste
- 1 Naan bread

Method of preparation

1

Cut the sweet potato into thick slices with peel and place on a baking tray. Season with salt, pepper and water with Gallo Extra Virgin Olive Oil Bio.

2

Bake in the oven at 190°C for about 30 minutes or until they get golden brown.

3

Place the breast in a bowl and season with saffron, curry, ginger and a tablespoon of Gallo Extra Virgin Olive Oil. Let it rest for 15 minutes.

4

Heat a little more oil in a pot. Add the shallots, the garlic cloves and let it cook for 2 minutes on a low heat.

5

Add the chopped chilli, ginger, part of the coriander and mix.

6

Add the chicken and turn up the heat. Let it cook for about 12 minutes, stirring once in a while until golden brown.

7

Mix the coconut milk, add the spinach and blend it.

8

Add the roasted sweet potatoes.

9

Sprinkle with chopped coriander and serve with basmati rice and Naan bread. Decorate it with lime.

Produtos utilizados



Bio

Extra Virgin Olive Oil



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