

CURRY CHICKEN



With Cocos MCT Oil &
CocosTree Coconut Cooking Oil



70 g Shallots
30 g Garlic
40 g Ginger } Peel & pounded together
1 Whole Chicken, chopped (~1.5 - 2 KG)
60 g Curry Powder, add water to form paste
2 Tbsp Cocos Tree Cooking Oil
4 - 5 Tbsp of Cocos MCT Powder
1/2 kg Potatoes, halved & half-boiled
10 pcs Curry Leaves (optional)
2 pcs Lemongrass (optional)
Salt

INGREDIENTS



1. Peel & pound the shallots, garlic, ginger together.
2. Add in 2 Tbsp of Cocostree Cooking Oil and fry the pounded shallots, garlic and ginger, followed by lemongrass in a large pot until light brown.
3. Add the curry paste (paste form) and fry until fragrant before adding the potato and chicken.
4. Continue to stir fry until chicken is well blended with curry powder.

DIRECTIONS



5. Add some water, preferably covering chicken and potatoes, add in the curry leaves and leave to boil until chicken is cooked.
6. Add in 4 - 5 Tbsp of Cocos MCT Powder and salt to taste.
7. Bring it to boil and eady to serve.

DIRECTIONS



ADDITIONAL TIPS

1. You can use a blender instead of pounding.
2. Add in more spices ingredients (like dried chili, candlenut, lemongrass, curry leaves) for richer aroma and flavour.
3. Boil the potato to semi-cooked in a separate pot before cooking with chicken.
4. Add in the MCT Powder (1 Tbsp by 1 tbsp) and adjust to your liking.

