

Not only the Membership Secretary but she cooks too! Heather Harris, MemSec.

Whether or not you are trying to lose weight, the following recipe comes from Slimming World and I can recommend it. Excellent for batch cooking.

CHICKEN TIKKA MASALA (Recipe serves 4, generously. Ready in 40 minutes)

INGREDIENTS

2 onions, finely chopped
1 red pepper, deseeded and finely chopped
6cm piece root ginger, peeled and grated
3 garlic cloves, finely chopped
¼ to ½ hot chilli powder
2 tsp ground coriander
1 tsp ground cumin
1 tsp paprika
1 tbsp tandoori masala powder (or curry powder)
½ tsp turmeric
150g passata
1 tbsp tomato puree
5 skinless & boneless chicken breasts (cut into bite-sized pieces)
100g fat-free natural yogurt
Chopped fresh coriander to serve

METHOD

Place a non-stick frying pan over a medium heat and add the onions, red pepper and 2 tbsp of water. Cook for 10 mins, adding a little more water if anything starts to stick.

Stir in the ginger and garlic and cook for 1-2 mins, then add all the spices, passata, tomato puree and 500ml of boiling water. Bring to the boil over a high heat then reduce the heat to medium and cook for 5 mins.

Add the chicken and simmer for 10 mins or until the chicken is cooked through. If the sauce is looking too thick, stir in a little more boiling water.

Take the pan off the heat and stir in the yogurt. Season to taste, scatter over the coriander and serve hot with your favourite rice and vegetables.

CREAMY BROCCOLI, GINGER AND CORIANDER SOUP

This recipe comes from Dr Claire Bailey's *The Fast 800 Keto Recipe Book* (Dr Bailey is the widow of Michael Moseley).

Dieting or not-dieting; this recipe is my No 1 soup! Serves 4 and takes about 30 mins. Another good recipe for batch cooking.

INGREDIENTS

1 small onion, peeled and roughly chopped
40g fresh root ginger, roughly chopped (no need to peel)
1½ tbsp olive oil
1 head of broccoli, roughly chopped
1 x 400ml tin coconut milk
1 vegetable stock cube
15g fresh coriander
40g flaked almonds, toasted, to garnish

METHOD

Place the onion, ginger and olive oil in a large saucepan over a medium heat and sauté for 3-4 mins until softened.

Add the broccoli, coconut milk, stock cube and 800ml water (simply refill the empty coconut tin twice). Bring to the boil, reduce the heat and simmer for 10 mins.

Remove from the heat, add the coriander and blitz with a stick blender until completely smooth. Season with salt and freshly ground black pepper and serve, topped with flaked almonds.