

Chicken ala King

INGREDIENTS

1 kg Chicken breast/
thighs

1 Chopped onion

1 Chopped pepper (any
colour)

2 Cloves of garlic

Fresh Ginger

250 ml cream/coconut
cream

Salt and pepper

Paprika

Note: you can add any
additional veggies if
required. We add
mushrooms, baby marrows.

METHOD

Heat oil (olive/coconut/butter) in pan and fry
onion, peppers and ginger until soft. Add the
garlic and paprika.

Add chicken and brown. Season with salt and
pepper.

Add cream and slowly reduce for 15 minutes.

Serve with cauli rice or zucchini noodles.



FROM THE  OF: Cornia