

Tasty Turmeric Chicken

Servings: 4

Time: 35 mins



Ingredients

4 or 5 x Chicken Breasts

1 x Courgette

2 x Peppers

1/2 x Head of Broccoli

1/2 Head of Cauliflower

Turmeric, salt, pepper, olive oil

How to Cook

Slice up the chicken breasts into small strips/chunks.

Chop up all veg into small pieces.

Add chicken and veg to a large, oven proof dish.

Add salt, pepper, olive oil and most importantly turmeric on top; enough to cover chicken and veg.

Mix everything together and place in oven on 180 degrees for 30 mins.

Top Tip: Use tongs or cutlery to mix the turmeric and veg together because the turmeric will stain your hands.

Note: Avoid processed sauces like ketchup or packet sauces.

How to Serve

Option 1 - Eat as is.

Option 2 - For higher carbs, serve with rice.

Refrigerate the remainder in a container for 2-3 more meals.