



Healthy Gluten & dairy free coconut chicken



Makes : Portion for 2

Ingredients

2 Chicken breasts cubed
Coconut yoghurt 3tbl spoons
drizzle of olive oil
2 sprinkles of Paprika or smoked paprika
1 sprinkle of Cumin
half a squeezed lemon or tsp of lemon juice
3 sprinkles of Pepper
1 sprinkle of cinnamon
Herbs - I used herbs
de Provence (to taste) I used 3 sprinkles

Method

Mix all the ingredients together in a bowl add the cubed chicken and leave to marinade for a few hours (only if you have time) and then cook in the oven. I covered with tin foil for about the first 10-15 mins and then removed the foil to brown the chicken for another 10-15mins checking every 5minutes.
Serve on a bed of zucchini or butternut squash noodles or quinoa.

