**Cath's Chicken Curry**

**Contains per serving** Vitamin K (mcg)            **8** Protein (g)                 **24.8**

Calories (kcal)           **250** Fat (g)                          **8.5**

**To make you will need** 2 chicken breasts

2 medium onions

1 small kohlrabi (can use celeriac)

1 tbsp. coconut butter

1 tsp cumin seeds

1/2 tsp mustard seeds

2 tsp cayenne pepper

1 tsp ground cumin

1 tsp ground cinnamon

400g tinned chopped tomatoes

125ml water

1 tbsp. flaxseeds (optional)

2 tbsp. mango chutney

50ml half fat crème fraiche

salt + pepper

**Method**

* Cut the chicken breast into chunks.
* Chop the onions and cut the kohlrabi into 1cm cubes.
* Melt the coconut butter in an oven proof pan or casserole.
* Add the cumin seeds and mustard seeds and fry for 2 minutes.
* Add the onions and kohlrabi and fry for a further 5 minutes.
* Add the spices and chicken and stir for a minute until everything is coated.
* Add the tinned tomatoes and water and bring gently to the boil stirring all the time. Season to taste.
* Transfer to the oven and cook for 40 minutes at 170°C/350°F/Gas mark 4.
* 5 minutes before the cooking time is up stir in the flaxseeds (if using) and the mango chutney. Return to the oven to finish cooking.
* Remove from the oven and stir through the half fat crème fraiche.
* Serve immediately.