

*Nurturing you through to health and happiness*

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BNSc (hons); AdDip Naturopathy;  
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**NATUROPATH AND REGISTERED NURSE**

## **Chicken and cauliflower vegetable curry**

**Sari Young 31-5-21**

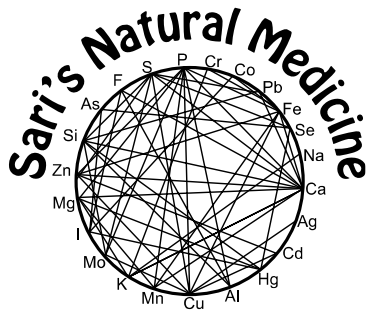
Cauliflower is rich in antioxidants and anti-cancer properties, vitamins and minerals, as well as glucosinolates. Cauliflower is such a delicious and important vegetable to eat on a regular basis to prevent many health illnesses later in life, such as cancer, cardiovascular disease and immune dysfunction.

### **Ingredients**

- 2 tbsp butter
- 4 cloves
- ¼ tsp ground cinnamon
- 1-2 bay leaves
- 6 garlic cloves, minced
- 3cm cube of fresh ginger root, chopped finely
- 2 onions
- 2 tsp paprika
- 2 tsp ground coriander
- 1 tsp ground turmeric/ 1cm cube fresh turmeric, chopped finely
- Pinch of sea salt
- 500g organic, free range chicken (you can use the bone in, or chopped breast)
- 1 small/ or half large cauliflower head
- 1kg chopped carrots
- 1 small broccoli head
- 1 Daikon radish
- Sea salt to taste
- 1x 400g can coconut cream
- Garnish with fresh coriander

### **Method**

1. Melt butter in deep large saucepan. Add cloves, cinnamon, bay leaves with the garlic and ginger. Saute for one minute.
2. Add chopped onions and cook until translucent.
3. Add 1/3 of the can of coconut cream and stir and heat through.
4. Add all the spice powders- paprika, coriander, turmeric and a little salt. Mix well.
5. Add the chicken. Stir and cook for 5 minutes.
6. Add all of the vegetables and remaining coconut cream. Stir. Cover the pan and cook for 20 minutes until chicken is cooked. (You may need to add a little water).
7. If the curry is too runny, add an arrowroot slurry.



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8. For the Arrowroot Slurry: 2 tbsp arrowroot powder added to 4 tbsp COLD water. Mix to dissolve. Add to curry and stir it though to thicken it.
9. Garnish with the fresh coriander.

**TIPS:** You can use any vegetables you like to replace the carrots, broccoli, cauli and daikon. I like using bokchoy, beans, snow peas, zucchini etc- depending on what is in season!