



Chicken Curry Pull Apart Bombs

Ingredients

- 1 tablespoons Oil, Olive, Salad Or Cooking
- 1 slices Onions, Raw
- 1 teaspoons Spices, Ginger, Ground
- 200 grams Tomatoes, Crushed, Canned
- 250 grams Chicken breast tenders, breaded, uncooked
- 1/20 teaspoons Salt and black pepper
- 1/20 teaspoons Salt, Table
- 1/41 cups Wheat Flour, White, All-Purpose, Unenriched
- 96 grams Yogurt, Greek, Plain, Whole Milk
- 56 grams Seeds, sesame butter, paste

Instructions

1. In a small bowl, combine the NESTLÉ Cremora Original with $\frac{1}{2}$ cup of hot water and stir until dissolved.
2. In a large pot over a medium-high heat, add in the oil and onions and cook for 3 minutes or until softened.
3. Add in the garlic, ginger, cumin seeds, coriander, cinnamon stick and salt and cook for another 5 minutes.
4. Add in the tinned tomatoes, tomato paste and the Cremora mixture and allow to simmer for 10 minutes, stirring occasionally until the curry has thickened slightly.
5. Add in the cut chicken breasts and salt and pepper and cook for another 10 minutes, stirring every couple of minutes to ensure that the curry does not burn. Remove the cinnamon stick and allow the curry to cool to room temperature.
6. Preheat the oven to 180°C and grease a large, rectangular baking dish (32 x 24cm) with non-stick spray.
7. In a large mixing bowl, combine the self-raising flour, yoghurt and salt, if using, together and mix with a spoon until well combined.
8. On a lightly floured surface, knead the dough for 8 minutes or until smooth
9. Divide the dough into 10 evenly sized balls. Use a rolling pin to roll each ball of dough out into a small circle, about 7cm in diameter.
10. Scoop 2 heaped tablespoons of chicken curry into the center of each dough circle and carefully bring and pinch the outsides together to encase the filling in the dough, creating a stuffed ball.
11. Pack the curry-filled balls into the prepared dish and brush with the melted garlic butter. Place the dish in the oven for 20-25 minutes or until the balls are golden brown and cooked.

12. Sprinkle over chopped coriander, serve with a salad and ENJOY!

Nutrients

82 Minutes

Carbohydrates	32.02
Energy	308.25
Fats	14.79
Protein	12.6

6 6 Servings