

## COMBINING RIGHT RECIPES

### MAIN MEALS

#### Protein

#### **Chicken Curry with Pineapple – serves 2**

300 g chicken breast fillet  
2 Tbsp soy sauce  
2 spring onions, cut into rings  
2 sticks celery, sliced  
½ pineapple, peeled and cut into small cubes  
1 Tbsp sesame oil  
2 tsp paprika powder  
sea salt  
½ tsp Sambal oelek (if desired)  
3 Tbsp corn kernels

Cut meat into small cubes, sprinkle with soy sauce, and let marinade for 15 minutes. Heat oil in a frying pan, add meat, sprinkle with paprika and cook over high heat for 5 minutes, stirring occasionally. Push meat to one side of the pan. Add spring onions and celery to the middle part of the pan and simmer over low heat until transparent. Mix meat and celery and onions. Season with salt and Sambal Oelek, then add corn kernels and pineapple. Cook a further 2 minutes, stirring constantly. Serve with green salad.