**Chicken Stew**

Prep time: 15 min Cook time: 30 min

**Ingredients:**

* 500g boneless skinless chicken breast (cut into pieces)
* 1 tablespoon olive oil or coconut oil
* 1 large onion (thinly sliced)
* 2 green chilies (slit lengthwise)
* 1-inch piece of ginger (finely chopped)
* 4 garlic cloves (minced)
* 1 tomato (chopped)
* 2 carrots (diced)
* 1 potato (diced)
* 1 cup green beans (chopped)
* 1/2 teaspoon turmeric powder
* 1/2 teaspoon ground black pepper
* 1 teaspoon coriander powder
* 1 teaspoon cumin powder
* 1/2 teaspoon garam masala
* 1/4 teaspoon cinnamon powder
* 1/2 cup coconut milk (light version)
* 2 cups low-sodium chicken broth or water
* Low sodium salt, to taste
* Fresh coriander leaves (for garnish)

**Instructions:**

**Prep the Ingredients:**

1. Cut the chicken into bite-sized pieces.
2. Dice the carrots, potato, and green beans.
3. Slice the onions, slit the green chilies, and chop the tomato and ginger.

**Sauté the Base:**

1. Heat olive oil or coconut oil in a large pan or pressure cooker on medium heat.
2. Add sliced onions and sauté until they turn soft and golden brown.
3. Add the chopped ginger and garlic and sauté for another minute.

**Add Spices and Veggies:**

1. Add the green chilies and chopped tomato, cooking until the tomatoes soften.
2. Sprinkle in the turmeric, black pepper, coriander powder, cumin powder, garam masala, and cinnamon powder. Stir for a minute to release the flavors.
3. Add the diced carrots, potato, and green beans. Stir to coat the vegetables in the spices.

**Cook the Chicken:**

1. Add the chicken pieces and cook for 5-7 minutes until they are lightly browned on all sides.

**Simmer the Stew:**

1. Pour in the coconut milk and chicken broth (or water). Stir everything together.
2. Bring to a boil, then reduce the heat and let it simmer for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.
3. Check for seasoning and add salt as needed.

**Garnish and Serve:**

1. Garnish with fresh coriander leaves before serving.
2. Serve with a side of brown rice, appam or whole wheat bread