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Spiced Chicken Over Roasted Sweet Potato

Prep time: 15 min. Cook time: 20 min.
Serving size: 1 chicken breast
Recipe yields 1 serving

Ingredients

1 boneless, skinless chicken breast, cut into 1/2-inch chunks
1/4 cup coconut milk
1/4 cup vegetable stock or water
1 shallot, sliced
1 tsp garam masala
1/2 tsp cayenne pepper
1 lime
2 tbsp chopped cilantro
2 baby bok choy
1/2 sweet potato

Directions

1. Preheat oven to 375 degrees F.
2. Peel the sweet potato, and slice into 1/4-inch chunks.
3. Bake in a covered roasting pan, with just a little bit of water or stock in the bottom. Cook about 20 minutes, or until very tender.
4. While potatoes are cooking, gently sweat the shallot in a sauté pan on low heat.
5. Add the chicken, spices, and a pinch of salt.
6. Cook gently for a few minutes, until the chicken looks white and starts to firm up.
7. At this point, add the coconut milk and vegetable stock, and let simmer on low heat for about 10 minutes, or until chicken is cooked through and no pink remains.
8. Once the chicken is fully cooked, season the sauce with lime juice, and add the chopped cilantro and bok choy leaves. Stir the leaves in the warm sauce so that they just wilt.
9. Serve chicken mixture over roasted sweet potatoes.