



Spicy Coconut Chicken Curry

Ingredients

1 lb. chicken breast
1/2 cup thinly sliced red onions
3/4 cup lite coconut milk (canned)
1/2 cup low sodium chicken broth
1 tbsp garlic paste (or minced garlic)
1 tbsp fresh ginger
Spices:

1 tbsp curry powder
1/2 tbsp turmeric
1/2 tbsp smoked paprika
1/2 tbsp cayenne
Sea salt and pepper to taste

Directions:

1. Cut the chicken breasts into small pieces. Spray a nonstick skillet with coconut oil and set on medium-high heat. Cook the chicken breasts. Do not worry about seasoning—that part comes later.
2. Spray another nonstick skillet with coconut oil and place on medium heat. Add the red onion, garlic, and ginger. Saute until the red onion is nearly translucent.
3. Add chicken broth, coconut milk, and seasonings to the skillet. Stir with a spatula. Let the sauce simmer, and then cover. Reduce to low heat to allow the sauce to cook and thicken.
4. Add cooked, chopped chicken breasts into the coconut curry mixture. Stir with a spatula and cook covered for about 5 minutes on low heat. Season with sea salt and pepper to taste.
5. Remove the skillet from the heat and allow the sauce to thicken.