



Coconut Curry Chicken

Ingredients

2 tablespoons avocado oil
 ½ onion, sliced
 2 cloves garlic, minced
 ¼ tsp red pepper flakes
 1 tbsp curry powder
 ½ tsp cumin
 2 sprigs thyme
 1 can of crushed tomatoes
 ¼ can unsweetened coconut milk
 1 lb. of chicken breast, diced
 Salt and pepper to taste
 Chopped fresh cilantro and lime wedges for garnish
 Naan bread or rice to serve (optional)

SERVING SIZE: 4 oz. or ½ cup

Calories: 171 kcal | **Carbohydrates:** 7 g

Dietary Fiber: 2 g | **Protein:** 17 g | **Total Fat:** 8.5 g

Saturated Fat: 2.6 g | **Trans Fat:** 0 g | **Sodium:** 104 mg

Instructions

1. In a large pot, heat oil over medium-low.
2. Add the sliced onion, garlic, and crushed red pepper to the pot. Cook stirring occasionally until the onion is softened and deep golden, about 15 minutes.
3. Increase the heat to medium. Add curry powder and cumin until toasted, about 1 minute. Add crushed tomatoes and gently scrape the pan to release the onions and spices.
4. Pour in coconut milk and add chicken to the pot. Stir and reduce to low heat. Let simmer until the sauce is slightly thickened and chicken is cooked through stirring occasionally. Adjust seasonings as necessary.
5. Garnish with cilantro and lime wedges over rice or with naan.
6. Enjoy!