



## Chicken Coconut Curry

**Serves 6 | Serving size: 2/3 cup**

### Ingredients

- 1 large onion
- 1 can of peas
- 1 small head of cauliflower
- 1 lb of boneless, skinless chicken breast (or thighs)
- 1 Tablespoon of canola oil
- 1 Tablespoons of curry powder
- 1 can of diced tomatoes
- 1 can of coconut milk
- 1 cup of water
- ½ teaspoon of salt

### Instructions

1. Dice the onions and chop the cauliflower and the chicken into bite-size pieces. Drain the peas.
2. \*Make sure you wash your cutting board and knife after chopping the chicken.
3. Pour the oil into a large pot and bring it to MEDIUM heat.
4. Sautee the onions until light brown (3-5 minutes).
5. Mix in the curry powder and cook for 1 minute.
6. Mix the tomatoes (with the juice), the coconut milk and the 1 cup of water. Bring it to a boil.
7. After it boils, add the cauliflower and cook until its tender (3-5 minutes).
8. Add the chicken and reduce the heat to LOW.
9. Let it simmer until chicken is cooked all the way through (5-10 minutes).
10. Stir in the peas and remove from heat.
11. Season with salt.



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