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.