

Coconut Chicken Curry & Zoodles

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Chicken Breast (boneless, skinless, cubed)
- 2 Zucchini (spiralized)
- 2 tbsps Avocado Oil (divided)
- 1 1/2 cups Canned Coconut Milk
- 3 tbsps Coconut Flour
- 2 tbsps Turmeric
- 1 tsp Curry Powder
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	417	Iron	5mg
Fat	27g	Vitamin D	1IU
Carbs	13g	Folate	36µg
Fiber	5g	Magnesium	65mg
Protein	29g	Zinc	1mg
Vitamin C	18mg		

DIRECTIONS

- 01 In a large skillet, heat half of the avocado oil over medium heat. Add in the cubed chicken breast and cook for 10 to 12 minutes or until the chicken is cooked through.
- 02 In a small saucepan, whisk together the coconut milk, coconut flour, turmeric, curry powder, cumin, salt and pepper. Bring to a gentle boil, reduce heat and allow the sauce to thicken slightly.
- 03 Once the sauce is your desired thickness, add it to the skillet with the chicken and cook for 5 minutes.
- 04 In a separate skillet, add the other half of the avocado oil over low heat and add the spiralized zucchini. Add a lid to steam the zucchini and cook for 5 to 10 minutes on low heat.
- 05 Divide the zucchini noodles between plates. Top with the coconut chicken curry. Enjoy!

NOTES

RECIPE ID 603

NO SPIRALIZER

Grate zucchini or slice it into rounds.