

Pressure Cooker Chicken Curry

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/2 lbs Chicken Thighs (bone-in, skinless)
- 1 tbsp Coconut Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tsps Curry Powder
- 1 1/2 tsps Cumin
- 1 cup Canned Coconut Milk (full fat)
- 1 1/2 cups Chicken Broth
- 1/2 tsp Sea Salt
- 1/2 cup Cilantro (chopped)
- 1 tbsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	378	Iron	4mg
Fat	22g	Vitamin D	2IU
Carbs	8g	Folate	11µg
Fiber	3g	Magnesium	53mg
Protein	36g	Zinc	3mg
Vitamin C	3mg		

DIRECTIONS

- 01 Turn the pressure cooker to sauté mode and heat the coconut oil. Cook the onion for 3 to 4 minutes then add the garlic, ginger, curry powder, cumin and salt and continue to cook for 1 minute more. Add the chicken broth and stir to combine being sure to scrape any brown bits from the bottom of the pan. Add the chicken thighs and close the lid.
- 02 Set to “sealing”, then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 03 Turn the pressure cooker to sauté mode and stir in the coconut milk. Stir frequently for 12 to 15 minutes, allowing the sauce to reduce by half, until it is thick and creamy. Stir in the cilantro and lemon juice and season with additional salt if needed.
- 04 Divide the chicken between plates and top generously with the curry sauce. Enjoy!

NOTES

RECIPE ID 613