

COCONUT CHICKEN

Serves 4 / Prep time: 15 minutes / Cook time: 25 minutes



KETO QUOTIENT

DAIRY FREE
GLUTEN FREE
NUT FREE

One of the main components of this recipe is rich, creamy coconut milk, which is a popular keto ingredient. The various types of coconut milk available might be confusing, but the best is the canned variety with a thick layer of coconut cream on top. Either stir the cream into the milk or skim it off for other recipes after opening the can.

2 tablespoons olive oil

4 (4-ounce) chicken breasts,
cut into 2-inch chunks

½ cup chopped sweet onion

1 cup coconut milk

1 tablespoon curry powder

1 teaspoon ground cumin

1 teaspoon ground coriander

¼ cup chopped fresh cilantro

1. Place a large saucepan over medium-high heat and add the olive oil.
2. Sauté the chicken until almost cooked through, about 10 minutes.
3. Add the onion and sauté for an additional 3 minutes.
4. In a medium bowl, whisk together the coconut milk, curry powder, cumin, and coriander.
5. Pour the sauce into the saucepan with the chicken and bring the liquid to a boil.
6. Reduce the heat and simmer until the chicken is tender and the sauce has thickened, about 10 minutes.
7. Serve the chicken with the sauce, topped with cilantro.

PER SERVING Calories: 382; Fat: 31g; Protein: 23g; Carbs: 5g; Fiber: 1g;
Net Carbs: 4g; Fat 70%/Protein 26%/Carbs 4%