



Chicken in Coconut Gravy*

Serving: 1

Non Veg

Ingredients

- 1 Tablespoon coconut oil
- 1/2 tsp garlic
- 1 Tablespoons apple cider vinegar
- 100grams boneless skinless, chicken cut into bite sizes pieces
- 1/2 teaspoon black pepper
- 1/2 teaspoon Sea Salt
- 1/4 cup water
- 1/2 cup coconut milk
- -1/2 tsp red chilli
- -1/2 tsp cumin powder

Preparation Method

- In medium sauce pan over medium/low heat add the coconut oil and diced chicken thighs.
- Cook for 2 -3 minutes and then add the apple cider vinegar, water and garlic cloves and cook for 3 minutes.
- Add the black pepper and Salt and cook until the liquid all boils down. This should take roughly 10 minutes.
- Stir in the coconut milk and simmer for 5 minutes until your liquid thickens slightly and you have a gravy
- Remove from heat and enjoy!