Chicken Curry

An EASY one-skillet curry that's ready in 20 minutes and is layered with so many fabulous flavors!! Low-cal, low-carb, and HEALTHY but tastes like comfort food

Recipes

- 1 1/2 pounds boneless skinless chicken breasts or thighs, or a mix!
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons coconut oil
- 1 red bell pepper thinly sliced
- 1 leek thinly sliced
- 2 cloves garlic minced
- 1/2 teaspoon grated fresh ginger
- 2 tablespoons red curry paste
- 1 can full-fat coconut milk
- 3 tablespoons fresh cilantro torn
- Prepared brown rice for serving

Steps:

1. Season the chicken with salt and black pepper.
2. Melt the coconut oil over medium-high heat in a large, ovenproof skillet. Add the chicken and sear on both sides until deeply golden brown. Transfer to a plate.
3. Reduce the heat to medium-low. Add the bell pepper, leek, garlic, and ginger, and stir to combine. Cook for 2 minutes, until slightly softened.
4. Stir in the curry paste. Cook for 5 additional minutes, stirring often. Slowly pour in the coconut milk while stirring to combine. Return the reserved chicken to the skillet.
5. Serve with rice, spooning lots of the yummy curry coconut milk sauce over the top