

Chicken & Sweet Potato Curry with Coconut Milk & Spinach



40 minutes | 2 servings

Find cookware

[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[stainless steel sauté pan](#)
[stirring spoon](#)
[vegetable peeler](#)

Grab ingredients

½ (5 oz) pkg	baby spinach
1 lb	chicken thighs, boneless skinless
½ small bunch	cilantro
½ (13.5 fl oz) can	coconut milk
2 cloves	garlic
1 (1 inch) piece	ginger root
¾ lb	sweet potato
½ medium	yellow onion
	black pepper
	curry powder
	salt
	turmeric, ground
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce. (Skip the spinach if it came pre-washed.)
¾ lb sweet potatoes
1 (1 inch) piece ginger root
½ small bunch cilantro
½ (5 oz) pkg baby spinach
- 2 Peel and cut the sweet potatoes into ¾-inch cubes; transfer to a medium bowl.
- 3 Trim off and discard the ends of the onion and remove the outer layer; small dice the onion (cut into ¼-inch pieces) and transfer to a small bowl.
½ medium yellow onion
- 4 Preheat the sauté pan over medium-high heat.
- 5 While the pan heats up, pat the chicken thighs dry with paper towels and place on the cutting board. Cut the chicken into bite-sized pieces.
1 lb chicken thighs, boneless skinless
- 6 Once the pan is hot, add coconut oil and swirl to coat the bottom.
½ tbsp virgin coconut oil
- 7 Add the onion and chicken to the pan and season with salt and pepper; cook, tossing occasionally, until the onion is softened and the chicken is browned, 5 to 6 minutes.
½ tsp salt
¼ tsp black pepper
- 8 Wash and dry the cutting board and knife.
- 9 Peel and grate or mince the ginger; transfer to a small bowl.

- 10 Trim off and discard the root ends of the garlic; peel and mince or press the garlic. Add to the bowl with the ginger.
2 cloves garlic
- 11 Add the ginger, garlic, curry powder, and turmeric to the pan; stir until fragrant, 15 to 30 seconds.
1 tbsp curry powder
1 tsp turmeric
- 12 Add the sweet potatoes and coconut milk to the pan; season with salt and pepper. Bring the mixture to a boil, then reduce heat to a simmer, cover the pan, and cook until the sweet potatoes are tender, 12 to 15 minutes.
½ (13.5 fl oz) can coconut milk
¼ tsp salt
⅛ tsp black pepper
- 13 Using a knife, shave the cilantro leaves off the stems at a downward angle, working away from your body; discard the stems and finely chop the leaves. Stir about ¾ of the cilantro into the curry and save the rest for garnishing.
- 14 Once the sweet potatoes are tender, add the spinach to the curry and stir until wilted, then remove the curry from the heat.
- 15 To serve, spoon the curry into a bowl and sprinkle with the remaining cilantro. Enjoy!