

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!