

# Brazilian Chicken with Coconut Milk



This simple chicken in a vibrant coconut milk sauce will fill your kitchen with the enticing aromas of South American cooking. It's great served over pasta or rice.

By MLYIN

**Prep:** 15 mins

**Cook:** 30 mins

**Total:** 45 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

- 1 teaspoon ground cumin
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 4 skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 tablespoon minced fresh ginger
- 2 jalapeno peppers, seeded and chopped
- 2 cloves garlic, minced
- 3 tomatoes, seeded and chopped
- 1 (14 ounce) can light coconut milk
- 1 bunch chopped fresh parsley

## Directions

In a medium bowl, mix the cumin, cayenne pepper, turmeric, and coriander. Place the chicken in the bowl, season with salt and pepper, and rub on all sides with the spice mixture.

Heat 1 tablespoon olive oil in a skillet over medium heat. Place the chicken in the skillet. Cook 10 to 15 minutes on each side, until no longer pink and juices run clear. Remove from heat and set aside.

Heat the remaining olive oil in the skillet. Cook and stir the onion, ginger, jalapeno peppers, and garlic 5 minutes, or until tender. Mix in the tomatoes and continue cooking 5 to 8 minutes. Stir in the coconut milk. Serve over the chicken. Garnish with the parsley.

## Nutrition Facts

**Per Serving:** 345 calories; protein 29.3g; carbohydrates 11.5g; fat 19.9g; cholesterol 71.9mg; sodium 234.4mg.