



Garden Fresh Farm Recipes

Curried Coconut Chicken

This Curried Coconut Chicken is delicious, healthy, made in one pot. Curried Coconut Chicken goes great with rice and vegetables.

Ingredients:

2 pounds boneless skinless chicken breasts, cut into 1/2-inch chunks
1 teaspoon salt and pepper, or to taste
1 ½ tablespoons vegetable oil
2 tablespoons curry powder
2 Tbs ginger, finely grated
½ onion, thinly sliced
2 cloves garlic, crushed
1 (14 ounce) can coconut milk
1 (14.5 ounce) can, diced tomatoes
1 (8 ounce) (1/2 can) tomato sauce
3 tablespoons sugar
Lime wedges, for serving

Directions:

Season chicken pieces with salt and pepper.

Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions, garlic and ginger, and cook 1 minute more. Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook for 7 to 10 minutes, or until chicken is no longer pink in center and juices run clear.

Pour coconut milk, tomatoes, tomato sauce, and sugar into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 to 40 minutes.

Serve with lime wedge, rice and vegetables.