

Coconut Chicken Curry & Zoodles

10 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet, heat half of the avocado oil over medium heat. Add in the cubed chicken breast and cook for 10 to 12 minutes or until the chicken is cooked through.
2. In a small saucepan, whisk together the coconut milk, coconut flour, turmeric, curry powder, cumin, salt and pepper. Bring to a gentle boil, reduce heat and allow the sauce to thicken slightly.
3. Once the sauce is your desired thickness, add it to the skillet with the chicken and cook for 5 minutes.
4. In a separate skillet, add the other half of the avocado oil over low heat and add the spiralized zucchini. Add a lid to steam the zucchini and cook for 5 to 10 minutes on low heat.
5. Divide the zucchini noodles between plates. Top with the coconut chicken curry. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Vegetables

Add broccoli, cauliflower or your favorite leafy greens to the dish.

Make it Vegan

Use lentils, cauliflower or tofu instead of chicken.

No Spiralizer

Grate zucchini or slice it into rounds.

No Avocado Oil

Use olive oil or coconut oil instead.

Ingredients

- 2 tbsps Avocado Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, cubed)
- 1 1/2 cups Organic Coconut Milk
- 3 tbsps Coconut Flour
- 2 tbsps Turmeric
- 1 tbsp Curry Powder
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Zucchini (spiralized)