

Eating Clean Recipes

Curry Chicken

I love Indian food, but a lot of the time it has heavy cream, salt, sugar, and a ton of carbs due to the fact that almost every dish has potatoes. If you take out everything above and replace them with healthy alternatives it tastes just as good; sometimes even better 'cause it doesn't weigh you down.

Servings: 8

Nutritional Information Per Serving –

1 standard size kitchen bowl (not including rice):

| | Calories | Fat | Carbs | Sugar | Protein |
|---------------|-----------------|------------|--------------|--------------|----------------|
| Curry Chicken | 143.g | 3.7 g | 5.49 g | 3.08 g | 17.63 g |

Ingredients:

1 lb chicken boneless breast (you may substitute with cauliflower to make it vegetarian)

1 tsp salt

2 tbsp coconut oil

1 ½ cups chopped yellow onion

1 tbsp minced garlic

1 ½ tsp minced fresh ginger

2 tbsp curry powder

1 tsp cumin

1 tsp turmeric

1 tsp coriander

1 tsp cayenne pepper – less or more depending on how spicy you want it

15 oz can crushed tomatoes (or fresh)

1 cup plain Greek yogurt

½ head medium cauliflower, chopped into florets

½ c water

½ c cherry tomatoes, quartered

1 tsp garam masala

2 tbsp chopped cilantro

8 lemon wedges

Instructions:

Bake chicken in the oven or cook on BBQ till golden brown (make sure chicken is cooked through)

Stir fry onion, garlic and ginger in 2 tbsp of coconut oil till light brown

Stir in the curry powder, cumin, turmeric, coriander, and cayenne into onion mixture and stir for 1 min.

Mix the canned tomatoes, yogurt, 1 tbsp of chopped cilantro, sprinkle it with a pinch of salt and stir for 1 min.

Cut the chicken into thin medium strips or shred into medium size strips

Add the cauliflower, chicken and a ½ cup of water into the curry mixture; stir and bring to a boil (make sure the chicken and cauliflower are evenly coated in sauce)

Simmer for 10-15 mins until cauliflower is softened to your liking

Sprinkle in the garam masala, cherry tomatoes, and remaining chopped cilantro – stir!

Serve in a bowl and sprinkle with lemon juice over cauliflower rice, wild rice or brown rice. Or you can eat as is.