



DINNER for
One or two

Coconut CURRY

2 Cups cooked Rice, *follow cooking instructions on the box*
1-2 Chicken Breasts, cut into pieces
2 Carrots, peeled, sliced into rounds
½ Medium Zucchini, sliced
1 Cup fresh Green Beans
1 Cup Kale
1 Can Coconut Milk

2 Tablespoons Coconut Oil
2 Tablespoons Curry Powder
Salt & Pepper to taste
½ Teaspoon Cumin
½ Teaspoon Turmeric
½ Garlic Powder
1 Teaspoon dried or fresh Basil

Cook the Rice first, set aside. • Heat coconut oil in a large pan on medium heat. Add chicken, cook for 1-2 minutes, or until browned, turn over to cook evenly. Season the chicken with salt, pepper and curry powder. Stir in carrots and cook for 1 minute. Add zucchini, green beans, cumin, turmeric, garlic powder and basil. Sauté all ingredients together until veggies begin to soften, 2-3 minutes. Slowly stir in coconut milk and keep stirring until the coconut milk begins to bubble. Add Kale, stir slowly until it begins to cook down. Simmer on medium/low heat until the carrots and green beans are cooked thoroughly (not crunchy). Place desired amount of cooked rice in a bowl and ladle curry over the rice. Garnish with basil and enjoy!
Leftovers can be frozen or kept in the refrigerator for 1-2 days.

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