

Chicken Curry with Riced Sweet Potatoes (Paleo and Whole 30 friendly)

This recipe is for 1 serving, so if you're preparing this dish for more you can multiply the chicken and both types of potatoes. If you're cooking for 3-4 servings you'll want to multiply the chicken and both types of potatoes by the number of servings and double everything else.

Shopping List

- ☑ 1 organic boneless skinless chicken breast
- ☑ 1/2 white or yellow onion, diced
- ☑ 1 red potato
- ☑ 1 medium sweet potato
- ☑ 1 can full fat coconut milk
- ☑ 1 tbsp coconut oil
- ☑ 2 tbsp curry powder
- ☑ pink Himalayan salt to taste
- ☑

Paleo Chicken Curry: First start by cutting and peeling the onion. Cut the onion in half and dice it. Heat up 1 tbsp coconut oil in a sauté pan over medium heat. Sauté the onions until they're translucent. Cut the chicken breast into bite size pieces and add to the pan. As it's beginning to cook you can peel and dice the red potato and add it to the sauté pan as well. Make sure to occasionally stir so the chicken cooks evenly and doesn't get tough. As this is cooking, add in the 2 tbsp of curry powder. Once the chicken seems mostly cooked, you can pour in 1 can of full fat coconut milk. You *can* use lite coconut milk but I do think the full fat tastes more authentic. Allow the curry to simmer for 20-30 minutes, stirring occasionally, and you can salt to your taste preference. To check for the curry to be done you will need to use a fork to check on the potatoes' softness. If you feel like you want more flavoring you can add more curry powder. I thought 2 tbsp was super flavorful and perfect.

Riced Sweet Potatoes: Wash and peel the sweet potato, then cut off the ends of it to create flat surfaces. Wedge the sweet potato between the blade and holder of your **Spiralizer**. Using blade C (if you have the **3 blade Spiralizer**), spiralize the sweet potato into noodles. Then, place the noodles into your food processor and pulse on the "food processing" setting until the noodles turn into a rice texture. Use a Copper Chef pan with no oil or non-stick pan with a tiny amount of coconut oil (to prevent it from sticking) to heat up the riced sweet potato. When the riced sweet potato is heated thoroughly (but not softened too much) you can serve your chicken curry over the rice.