Coconut Chicken with Sweet Potato Rice
(Whole 30, Paleo)

Shopping List:
Serving size 1

- 4 organic boneless, skinless chicken thighs
- 1 medium sweet potato
- 1/4 cup lime juice
- 1 15 oz can coconut milk
- 2 tbsp fresh, grated ginger
- 1 tsp ground ginger
- 6 garlic cloves, minced
- 1/2 tsp coarse salt, extra to taste preference
- 1/2 tsp ground pepper

Coconut Chicken: Whisk together the coconut milk, lime juice, garlic, grated ginger, ground ginger, salt, and pepper. Pour into a large zip top plastic bag and add the chicken thighs to the marinade. Allow the chicken to soak in the marinade for at least one hour in the refrigerator. 20 minutes prior to baking you can remove from the refrigerator to warm it to room temperature.

Preheat the oven to 350* F. Pour the chicken and marinade into a baking dish and bake for one hour. Cut into the center to ensure it is fully cooked and that no pink remains, or until the chicken reaches 165*F.

Sweet Potato Rice: Wash and peel the sweet potato. Cut off the end to create a flat surface on both ends. Set the sweet potato into the Spiralizer. Using blade C (if you have the 3 blade Spiralizer), twirl the handle to create magic - um, ahem* excuse me...I mean "noodles". Next, place the sweet potato noodles into your food processor and pulse it until you get a rice-like texture.

Transfer the sweet potato rice to a non-stick pan or the Copper Chef pan to sauté it for 5-7 minutes on medium heat, or until the "rice" is softened. You do not want it to be too softened so be cautious on how long you cook it and also if you decide to use oil.

*Note - you can begin to prepare the sweet potato rice about 10-15 minutes before the chicken is finished cooking in the oven.

Serve the coconut chicken over the sweet potato rice, and don't forget to drizzle the extra sauce from the chicken over the "rice".