

Coconut Lime Chicken (Whole 30, Paleo)

Shopping List: Serving size 2

- 2 thin sliced boneless chicken breasts
- 1/4 tsp. sea salt
- 1/4 tsp. pepper
- 1 tbsp. coconut oil (optional if using copper pan)
- 1/2 cup red onion, diced
- 1/2 jalapeno, seeds removed, diced
- 1/2 zucchini, sliced, then quartered
- 1 cup organic chicken broth
- 2 tbsp. lime juice
- 1 tbsp. chopped cilantro
- 1/2 tsp. red pepper flakes
- 1/2 cup full fat coconut milk
- 1 tbsp. arrow root flour (optional, for thickening)
- 1/2 head of cauliflower, riced

Coconut Lime Chicken: Heat a large non-stick skillet over medium high heat on the stove. Add coconut oil if using. Sprinkle both sides of the thin sliced chicken breasts with salt and pepper. Cook the chicken breasts for 3-5 minutes, until browned on each side. Remove the chicken from the skillet. It is OK if the chicken is not fully cooked as it will finish cooking in the sauce later.

Add the onions, zucchini, and jalapeño pepper to the skillet to sauté until softened. Next add the chicken broth, lime juice, cilantro, and red pepper flakes. Allow this mixture to simmer for about 5 minutes to let it reduce down. Add in the coconut milk and bring to a simmer again. Then add the arrow root flour if using it. Briefly raise the heat to bring it to a boil if using the arrow root flour and then reduce back down to a simmer.

Add the chicken back to the skillet and stir to cover the chicken with the sauce. Cover the skillet with a lid and let it cook for another 5 to 10 minutes until the chicken is cooked all the way through.

Riced Cauliflower: Rinse the cauliflower and pat dry. Place the florets into the food processor and pulse until you get a rice like texture. Heat the cauliflower in a non-stick skillet either dry or with a little bit of oil to prevent sticking. Once the cauliflower rice is heated through and softened a little bit, you can serve with the coconut lime chicken.

Garnish with a sprinkle of fresh cilantro before serving.

*Options: use a red pepper instead of a jalapeño and/or service with sliced avocado and a wedge of lime.