

Coconut Curry Chicken w/Coconut Green Rice

Saute sliced or cubed **chicken** in skillet till cooked. Pour curry sauce over and serve with rice.

Coconut Curry Sauce:

Makes 4-6 servings

Notes: use a curry paste if you can find one! You will use this sauce on a lot this week.

1 can coconut milk
1 tablespoon tamari sauce
2 teaspoons ground curry paste (or powder) 1 handful chopped parsley
1 teaspoon honey
Juice of 1 lime
Generous sprinkle of sea salt and pepper

Bring all ingredients to simmer in a small saucepan until combined. Let cool before storing for the week.

Coconut Green Rice

Makes 4 servings

Notes: best when served warm.

2 cups jasmine or sushi rice
4 cups broth or water
1 cup unsweetened coconut flakes (optional)
1/2 bunch green onions, chopped
1 cup basil leaves, chopped
1/2 cup parsley leaves, chopped
2 tablespoons coconut oil or butter
Generous sprinkle of sea salt and pepper

Add broth, rice, sea salt and pepper to a stockpot, cover, and bring to a boil.

Once boiling, reduce heat to medium-low, add herbs and coconut flakes and let cook for 15-20 minutes until all the water is absorbed.

Stir in coconut oil, extra sea salt and pepper, and fluff when ready to eat.