

COCONUT CURRY CHICKEN & RICE BOWL

INGREDIENTS

ITEM	QUANTITY
• Boneless, Skinless Chicken Breast, cut into bite-size pieces	1 Lb
• Garlic-Infused Olive Oil	½ Tsp.
• Curry Powder, specifically onion- and garlic-free	½ Tsp.
• Ground Turmeric	¼ Tsp.
• Ground Ginger	1 Tbsp.
• Light Coconut Milk	2 Cups
• Low-Sodium Soy Sauce	2 Cups
• Maple Syrup	1 Cup
• Carrots, thinly sliced	1 Cup
• Green Bell Pepper, sliced	½ Cup
• Baby Spinach	2 Tbsp.
• Cooked White Rice	½ Cup
• Fresh Cilantro, chopped	¼ Cup
• Lime Wedges, for serving	1 Tbsp.

SERVING SIZE **1 BOWL**

PREPARATION

- Heat garlic-infused olive oil in a large skillet over medium-high heat.
- Add chicken and cook for 5-6 minutes, until lightly browned and cooked through.
- Add curry powder, turmeric, and ginger. Stir for 30 seconds.
- Pour in coconut milk, soy sauce, and maple syrup.
- Add carrots and green bell pepper and simmer for 5-7 minutes, until tender.
- Stir in spinach and cook for 1-2 minutes, until wilted.
- Divide rice between four bowls and spoon the coconut curry chicken over the top.
- Garnish with cilantro and serve with lime wedges.

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