

CREAMY COCONUT LIME CHICKEN



Recipe

Ingredients :

- 2 lb boneless skinless chicken breasts (or thighs)
- 1/4 cup all-purpose flour (or arrowroot starch for gluten-free)
- 1/4 cup chopped cilantro, plus more for topping
- 2 tbsp coconut oil
- 1 tbsp olive oil-
- 1 garlic clove, minced-
- 1 cup full-fat coconut milk-
- 2/3 cup chicken broth-
- 1 tbsp brown sugar (or coconut sugar)-
- 2 limes (juice + zest)-
- 1 green onion, chopped-
- Salt and pepper to taste

Procedure :

1. Preheat oven to 375°F (190°C).
 2. Slice chicken breasts in half lengthwise if thick. Combine flour and cilantro in a bowl.
 3. Coat chicken in flour mix, then pan-sear in coconut oil and olive oil until golden (3-4 minutes/side).
 4. While chicken sears, whisk coconut milk, broth, sugar, and juice from 1 lime.
 5. Add garlic to skillet, then pour coconut milk mixture over chicken. Transfer to oven.
 6. Bake for 10-15 minutes, until chicken reaches 165°F internal temp.
 7. Drizzle with remaining lime juice, zest, extra cilantro, and green onion. 8.
- Serve with rice, pasta, spaghetti squash, or roasted vegetables.

Notes

Enjoyed best when shared