

Coconut Chicken Curry

PREP TIME:

15 minutes

COOKING TIME:

LOW: 7 - 8 hours
or
HIGH: 3 - 4 hours

SERVES:

4

INGREDIENTS:

1 tbsp olive oil
1 ½ cups onion, diced
2 tsp garlic, minced
2 lbs chicken thighs, boneless & skinless
1 serrano chili (optional)
1 Indian Dal blend
½ tsp salt
2 tbsp tomato paste
1/2 cup chicken broth
1 can coconut milk, light or full fat
4 oz fresh spinach, washed

PREPARE:

heat oil in a skillet on medium; sauté onion, and garlic for 2 minutes

transfer onion mixture to slow cooker

rest the chicken thighs on top of the onion mixture and add the serrano chili

sprinkle the Indian Dal blend; add the salt, tomato paste, chicken broth & coconut milk

stir, cover and cook on LOW: -8 hours or HIGH: 3 - 4 hours

at the end of cooking remove the lid and stir in the fresh spinach until wilted

serve over basmati rice

