



# CHICKEN COCONUT CURRY

## INGREDIENTS

---

8 boneless thighs/skin on; diced  
2 TBSP coconut oil  
1 onion, diced  
1.5 tsp salt  
½ tsp ground black pepper  
1 tsp garlic powder  
1 TBSP curry powder  
½ tsp cinnamon  
1 can coconut milk/cream  
3 TBSP Ketologie Roast Chicken Bone Broth powder

## INSTRUCTIONS

---

Heat the coconut oil in a frying pan/skillet; add the diced onion and chicken and gently cook until onion is softened and chicken is browned.

Add coconut milk, spices and bone broth powder, mix until combined in the pan.

Reduce heat and let simmer for 40 minutes

Serve with cauliflower rice and your favorite greens!

### PER SERVE

Calories	Net Carbs	Protein	Fat	Dietary Fibre
557	1g	40g	40g	1g