

Tartan Apparel Chicken Curry

- 1 Pound Chicken Tenders cut into ½ to 1 inch cubes (The frozen cooked tenders work great too.)
- 2 Tbsp. Olive oil
- 2-3 Tbsp. Coconut oil (or more olive oil if you don't like coconut oil)
- 1 Medium Onion diced
- 1 Red or Green or Yellow or Orange Pepper (any color will do) seeded & diced
- 1 Can Diced Tomatoes drained (Reserve the liquid for the spice mix.)
- ¼ Cup Water (I use the reserved liquid from the diced tomatoes)
- 1 Can Full Fat Coconut Milk (I tried this recipe with coconut milk from a carton but it was too runny and had less flavor.)

Spice Mix –Mix it up before you start cooking because the recipe goes so fast there really isn't time to measure it out while cooking.

- 1 Tbsp. Ginger
- 1 ½ tsp. Cumin
- 1 tsp. ground Turmeric
- 1 tsp. garam masala
- 1 tsp. Paprika
- 1 tsp. Salt
- 1 ½ tsp Tiger Sauce ¼ tsp Black Pepper
- ¼ tsp Chili Powder (This is a personal preference.)

Mix all ingredients of the spice mix with the ¼ cup reserved liquid from the diced tomatoes (or water).

Place the olive oil, diced chicken (season with extra salt and pepper (I use garlic-herb mix on my chicken)), diced onion, and diced pepper into a skillet and cook on high heat until the chicken is thoroughly cooked and the onions and peppers are soft.

Next, add the drained tomatoes, 2-3 Tablespoons of coconut oil and the spice mixture. Simmer on medium for 5 – 8 minutes.

Lastly, add the can of full fat coconut milk and let it simmer a few more minutes. Enjoy over rice or riced veggies.