

Curried Chicken & Brussel Sprouts

Prep Time: 5 Min **Cook Time:** 30 Min **Total Time:** 35 Min
Serves 1

Ingredients

100g Chicken
100g Brussel Sprouts
3/4 cup Water
1/2 tsp. Curry Powder
1/2 tsp. Tumeric Powder
1 tsp. Sea Salt
1/2 tsp. Pepper
1 tsp. Stevia
1 Tbsp. Milk
1 tsp. Onion flakes/powder
1 tsp. Garlic flakes/powder
1/2 tsp Vinegar

Instructions

- 1 Slice brussel sprouts in half.
- 2 Dice chicken into cubes.
- 3 In a small saucepan mix in all the spices, stevia, vinegar, 1/4 cup water and Tbsp. milk.
- 4 Allow the sauce to simmer for 10 minutes.
- 5 Add 1/2 cup water, chicken and brussel sprouts to the sauce.
- 6 Simmer, covered, for 20 minutes over medium heat.
- 7 Serve over Shirataki noodles (optional) and enjoy!!!

Notes

This dish can also be made with fish instead of chicken and any other vegetable allowed in Phase 2.

More or less curry powder can be added depending on your taste buds and their preference to spice.

team victory / spray it away <http://sprayitaway.ca/>