

Chicken Curry

PREP TIME 5 mins	COOK TIME 35 mins	TOTAL TIME 40 mins	SERVES 4
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Challenge: Weeks 1-13

Living WildFit: Spring, Summer, Fall



INGREDIENTS & EQUIPMENT

Red Chili Paste

- ½ large red onion, chopped
 - 2 cloves of garlic, smashed and minced
 - 1 inch chunk of ginger, peeled and minced
 - 4 roma tomatoes, chopped in chunks
 - 1 Tablespoon of dried curry powder
 - 1 Tablespoon of garam masala spice powder
 - 1 teaspoon of red chili powder (or more to taste)
 - 1 teaspoon of Himalayan salt
 - 2 Tablespoons of coconut oil
- Food processor or small blender*

- 2 boneless, skinless chicken breasts, cut in chunks
- 2 cups of zucchini, peeled and seeds removed
- Small bunch of kale, leaves removed from stem
- 1 can of coconut milk
- Small bunch of fresh cilantro (or herb of choice)
- 1 cup of water or broth

One head of cauliflower (if serving with cauli rice)

*Make vegan by substituting mushrooms or eggplant pieces for chicken.

PREPARATION

1. Begin by chopping chicken into evenly sized chunks, season with salt and pepper
2. Mince the garlic and ginger, chop the tomato and zucchini, remove stems of kale and tear into pieces
3. Heat a small saucepan on medium, add coconut oil and allow to melt. Add the onion pieces and cook stirring until translucent.
4. Add garlic, ginger and spices and stir continually for 1-2 minutes. Finally add the tomato pieces and allow to come to a boil. Reduce heat and cook down until tomatoes are softened, 10 minutes or so.
5. Pour red chili mixture into a food processor and blend until it becomes a smooth paste.
6. Heat a wok, large saucepan or high sided cast iron pan to medium high. Add a small amount of oil to coat. Pour in chicken and sear each side, 1-2 minutes per side, stirring until pieces are opaque.
7. Reduce heat to medium and stir in zucchini pieces, cooking while stirring another 5 minutes or so.
8. Add the chili paste and coconut milk, bring to a simmer. Stir to combine all ingredients well, and allow to simmer for another 5-10 minutes until zucchini is nearly softened to your liking. Stir in kale, allow to wilt, stirring 2 minutes more. If you would like more liquid, add up to one cup of water or broth.
9. Finally, stir in cilantro leaves, reserving a few for garnish.
10. Meanwhile, use your food processor to create cauliflower rice (or chop florets finely). Steam or saute cauliflower rice for 2-5 minutes until softened but still chewy.
11. Serve curry over cauliflower rice, garnish with cilantro. Keeps well up to 5 days in the fridge. Enjoy!