

Delicious and Spicy Paleo Coconut Chicken Curry

Ingredients:

- 2 ½ pounds boneless, skinless chicken thighs
- 1 tablespoon paprika
- ½ teaspoon turmeric
- 2 teaspoons salt
- 1/3 cup EVOO
- 3 cups finely diced yellow onion, about two
- 2 tablespoons minced garlic, about 6 cloves
- 1 (13.5 ounce) can unsweetened coconut milk
- 1 ½ tablespoons coconut aminos (optional)
- 1½ cups water (or less, depending on how thick you want the curry)
- 2 teaspoon Madras curry powder
- 1 teaspoon cayenne
- 1 cup cilantro sprigs, for garnish (optional)
- 1 lime or lemon, cut into wedges, for garnish (optional)

Directions:

1. Combine the paprika, turmeric, and salt in a small bowl and set aside.
2. Trim the chicken thighs of excess fat and cut into one-inch pieces. Transfer to a bowl and toss with spice. Allow the chicken to marinate in the seasonings for 1 hour (or more).
3. In a large pot or Dutch oven, heat the EVOO over medium-high heat. Stir in the onions, and decrease the heat to medium-low. Cook for 10 minutes, stirring as needed to prevent the onions from browning
4. Add the garlic and cook until fragrant, about 1 minute.
5. Add the chicken and stir into the onions.
6. Pour in the coconut milk. Increase the heat to a near boil. Allow the coconut milk to thicken somewhat, about 4 minutes.
7. (OPTIONAL) Decrease the heat to medium-low and add the coconut aminos.
8. Stir in the water and bring the pot back to a near boil. Lower the heat to a simmer and cook, stirring occasionally, until the chicken is tender, about 50 minutes.
9. Stir in the curry powder and cayenne, simmer briefly, and remove from the heat.

Serving Suggestions:

1. Serve with bowls of cilantro, and lemon and lime wedges.
2. Serve over riced cauliflower: food process the florets to small rice-like kernels, transfer to a microwaveable bowl, and then, before serving, microwave until heated through.
3. Top with steamed broccoli.