

Chicken and Apple Curry with Cauli Rice

by Healing Family Eats

Prep time: 15 minutes

Cook time: 45 minutes

Serves: 6

CURRY

2 tablespoons coconut oil
1 large onion, chopped
3 large cloves garlic, minced
2 teaspoons ground turmeric
2 teaspoons cinnamon powder
1 teaspoon ground ginger
1/8th teaspoon ground mace
small pinch ground cloves
10 dried curry leaves
generous pinch Himalayan pink salt
1 red apple, peeled, cored and finely chopped
1 cup chicken broth
1/4 cup sweet potato purée (or pumpkin purée for GAPS/SCD)
2 cups coconut milk
1+1/2 lb skinless chicken thighs
3/4 cup chopped cilantro, to serve

CAULI RICE

1 tablespoon coconut oil
1 large head cauliflower
pinch Himalayan pink salt

To make the curry, melt the coconut oil in a large sauté pan and add the onion. Sauté on a gentle heat for 6-8 minutes until softened. Add the garlic, spices, salt and apple, and cook a further two minutes, stirring frequently.



Turn the heat up to medium and pour in the chicken broth, scraping the base of the pan to lift and incorporate the sediment into the contents. Add the sweet potato purée (use pumpkin purée for GAPS/SCD), bring up to a fairly brisk simmer and cook for 5 minutes. Pour in the coconut milk and bring to a gentle simmer. Cover the pan and cook for 10 minutes until the apple is tender.

Transfer the curry mixture to a high speed blender and blend until smooth. You will need to do this in two batches.

Cut the chicken thighs in half and place into the sauté pan. Pour over the blended curry sauce and bring up to a simmer. Cover and cook for 12 minutes or until the chicken is done.

Meanwhile make the cauli rice. Melt the coconut oil in a frying pan and add the cauliflower and salt. Sauté on a low-medium heat for 4-5 minutes until tender.

To serve, divide the cauli rice between bowls and spoon over the chicken curry. Sprinkle over the chopped cilantro and serve.