

Creamy Coconut Lime Chicken Thighs

INGREDIENTS

- 1 lb skinless boneless chicken thighs
- Salt, pepper, yellow curry powder to season

SAUCE

- 1 can unsweetened coconut milk
- 1 red pepper (diced)
- 4 cloves garlic (minced)
- ½ tsp salt
- 1 small knob fresh ginger (minced)
- 1 lime (juice)
- 1 Tbsp arrowroot flour + mixed in with 1 Tbsp water

GARNISH

Fresh cilantro, green onions, lime wedges

DIRECTIONS

1. Heat 1 Tbsp oil in a cast iron skillet over medium high heat.
2. While your pan is getting hot, generously season chicken thighs on both sides with salt, pepper, and yellow curry powder.
3. Add the chicken thighs to the skillet and sear for 5-7 minutes. Remove the chicken from the skillet and set aside on a plate. The chicken doesn't need to be fully cooked at this point - we will be returning it back to the skillet shortly.
4. Turn the heat down to medium and add more oil to the pan. Add garlic to the pan and saute for 2-3 minutes. Add chopped peppers. Make sure to scrape the brown bits into the garlic and pepper mixture.
5. Once peppers start to sweat, add coconut milk, salt, fresh ginger, and lime. Bring to a boil then add the arrowroot flour + water mixture. Once your mixture has thickened, place chicken thighs back into the pan.
6. Cook for 10-15 minutes on medium heat or until your chicken thighs have reached an internal temperature of 165 degrees Fahrenheit.
7. Garnish with cilantro, green onions, and lime. Serve over brown or cauliflower rice.

NOTES

1. If meal prepping for 4 servings, cook 4 servings of brown or cauliflower rice and one broccoli head.
2. Some coconut milk brands can provide different consistency. I prefer using [Thai Kitchen](#).
3. Feel free to spice up the recipe with chili oil or fresh chilies!