



Brazilian Style Coconut Chicken

Serves eight

4 half chicken breasts
Salt and pepper
2 TBS coconut or olive oil + 1 tsp.
1 medium white or brown onion – finely chopped
2 tsp. turmeric powder
1 tsp. ground coriander
2 tsp. ground cumin
5 garlic cloves – finely chopped
1 TBS fresh minced ginger
1 chili pepper – finely chopped (optional)
1 cup (8 oz; 250 ml) chicken stock
1 – 14 oz. (400 grams) can of coconut milk
3 tomatoes – seeded and chopped
¼ cup chopped parsley
Cooked rice or pasta for serving

Rinse and pat dry the chicken. Butterfly each breast by cutting through the thickest part of the middle with a very sharp knife and making two fillets out of each one. Season both sides with salt and pepper.

Place 2 TBS of oil in a skillet and heat it. Once it is hot start browning the chicken on both sides. Work in batches and move onto a paper towel lined plate. Set aside.

Add the onion to the skillet. Cook the onion for about 5 minutes until it is softened and translucent. Make a well in the middle and add the remaining 1 tsp. oil. Add the turmeric, cumin and coriander and mix well. Allow the spices to cook for a couple of minutes. Add the garlic, ginger and chili pepper. Mix and add the chicken stock, coconut milk and tomatoes and mix. Return the chicken to the pan and taste for salt. Adjust if needed. Simmer for 15 to 20 minutes until the chicken is completely cooked through.

Serve the chicken over pasta or rice. Garnish with the chopped parsley or if you would like add the parsley to the skillet once you have turned off the heat and mix it in. Serve and enjoy.

Chicken no rice or pasta - CALORIES 382.79; FAT 24.48 grs (sat 13.49; mono 5.78; poly 2.94);
PROTEIN 30.60 grs ; FIBER 1.51 grs; CARBS 9.38 grs; CHOLESTEROL 60.90 mg; IRON 2.33 mg;
SODIUM 678.19 mg; CALCIUM 49.22 mg

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