

Coconut Lime Chicken



PREP TIME:
15 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
35 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 1 – 1 ½ lb. Organic Chicken Breast
- 2 TBSP Olive Oil
- 1 Shallot - Minced
- 5 Garlic Cloves - Minced
- 1 TBSP Fresh Ginger – Finely Grated on Cheese Grater/Microplane
- ¼ Cup Fresh Cilantro – Chopped – *and more for garnish*
- 1/3 Cup Freshly Squeezed Lime Juice
- 1 13.5 oz. Can Organic Whole Fat Coconut Milk
- ¼ Cup Organic Vegetable Broth (or Chicken)
- 1 TSP Himalayan Sea Salt
- ¼ TSP Black Pepper

Instructions:

1. Trim fat from chicken and cut 4-5 breasts. Place in gallon size Ziploc bag (non-BPA) or between 2 pieces parchment paper (unbleached). Pound out chicken breasts with meat tenderizer until all are of equal thickness.
2. Season chicken – both sides with salt & pepper.
3. Drizzle 1 TBSP olive oil into large frying pan. Warm to medium heat and then add chicken breasts.
4. Cook for about 4 minutes – until golden on bottom. Flip and cook another 4 minutes. Should be mostly cooked through but not completely.
5. Remove chicken from heat, placing on a plate.
6. In same pan, add 1 TBSP olive oil and shallots. Cook for 2 minutes and then add garlic. Cook 1 more minute.
7. Add broth, coconut milk, lime juice, ginger and cilantro. Stir until combined being sure to stir in chicken bits left in pan.
8. Add chicken back to pan and cover with lid. Turn down heat to low. Simmer about 5-7 minutes – until chicken cooked through.
9. Remove pan from cooktop. Let rest for 10 minutes before slicing.
10. **Serving Side Suggestions:** Organic Chick Pea Fusilli / Steamed Broccoli / Quinoa / Brown Rice / Roasted Butternut Squash & Beets

***Try and use all organic ingredients if possible.**

ChristiHealthCoach.com