

Coconut Curry Stir-Fry with Wild Rice

Servings: 4

Total Time: 60 minutes

Ingredients:

¾ cup uncooked wild rice
2 cups broccoli, cut into sections
1 tsp turmeric powder
sea salt and freshly ground black pepper, to taste
shredded coconut or raw sliced almonds to garnish, optional
3 tpsps. Olive oil, divided
1 cup red bell pepper, sliced into strips
1 tsp fresh grated ginger

Directions:

1. Prepare rice according to directions on package.
2. While rice is cooking, add half the oil to the wok and heat to medium, warming the oil. Once warm, add the chicken and stir-fry until cooked and lightly browned.
3. Remove the chicken from the wok, set aside, and reheat the wok and stir-fry the onion with the rest of the oil for about 2 minutes.
4. Add the broccoli and bell pepper and stir-fry another 3 minutes.
5. Return the chicken to the wok, stir in the coconut milk, curry powder, grated ginger and spinach and cook until the spinach is just wilted and the whole preparation is hot.
6. Garnish with some coconut flakes or raw sliced almonds and serve alongside wild rice.

Nutrition Information per Serving: 413 calories, 15.5g total fat, 5g saturated fat, 31g protein, 35.7g carbohydrate, 300mg sodium

1 lb tender chicken cut in thin slices
1 can lite coconut milk
1 ½ cups fresh spinach
1 cup onion, sliced thinly
1 ½ tsp curry powder



Chef Notes: Don't skip an important step! Make sure to thoroughly rinse your rice in a strainer before cooking. This removes the surface starch that causes rice to clump together and become gummy as it cooks.