



**Trend: Global Flavors**

**Curry-Up Chicken 'n Rice**

*Give a basic chicken recipe an international flavor update*

- 2 large boneless, skinless chicken breasts, halved
- 1/2 teaspoon each smoked paprika, curry powder, salt, pepper, ginger
- 1/2 teaspoon ground cinnamon
- 2 Tablespoons coconut oil
- 1/3 cup chopped (each) celery; carrots; onions
- 1/3 organic chicken broth
- 1/2 cup coconut cream
- 3 cups cooked rice
- 1/4 cup chopped (each) roasted red peppers; green onions
- 1/3 cup chopped parsley or cilantro

**Before Starting:** Lightly pound chicken breasts, one at a time, in a plastic bag until thick parts are evenly flattened.

**Spice-Up Chicken:** In a small bowl, stir spices together; mix with oil; rub over chicken pieces.

**Brown Chicken:** Place 9-1/2-inch cast iron skillet over medium heat; cook chicken about 6 to 8 minutes; browning both sides. Remove from pan; set aside to stay warm.

**Simmer Chicken:** Add celery, carrots, and onions to skillet; sauté to soften; replace chicken pieces. Add chicken broth; bring to a boil; cover, simmer for about 15 to 20 minutes or until chicken is cooked to about 165 degrees F.

**Prepare Creamy Sauce:** Remove chicken; add coconut cream; bring to a boil; lower heat until heated through. Replace chicken into skillet, turning to coat both sides.

**To Serve:** Spoon rice onto a serving platter, arrange chicken over the rice; spoon extra sauce over the chicken; top chicken with combine roasted red peppers, green onions, and parsley. Serves 4

**Cook's Note:** If you use coconut milk, add about 1 cup, and cook to thicken the sauce.

**About the Recipe:** Everyone loves basic chicken and rice since it's easy to prepare and tasty. Give it a 2021 update adding some smoked paprika, curry seasoning, and a coconut cream sauce. If you feel brave, add some spicy ground red pepper or hot sauce for a tongue tingling treat.