

Coconut Curry Chicken & Sweet Potatoes

This was a family favorite which use to take a long time to prepare using the traditional method of multi-step sautéing. But when we adapted it to combining everything and simply doing Medium-click-low, it became a recipe we were able to enjoy any time we were in the mood for it!

Chicken Tenders

½ Red Onion (#3 Cone)

Sweet Potatoes (#5 Cone)

½ Tsp Red Pepper Flakes

½ Tsp Sea Salt

2½ Tsp Curry

2 Cans Coconut Milk

Green Onion & Cilantro (garnish)

Fresh Mango

Cut Onion into bottom of EOC; place Chicken Tenders on top of Onions. Cut Sweet Potatoes into EOC to almost full. In a bowl, mix Red Pepper Flakes, Sea Salt, Curry, and Coconut cream or Milk. Pour mixture over Sweet Potatoes. Medium-click-Low for 30 minutes. Serve with Basmati Rice and garnish with Green Onion & Cilantro. Fresh mango is a great option to top it off!