

Slow Cooker Coconut Chicken



Relish in the tender, succulent chicken infused with exotic coconut goodness, creating a delightful and easy-to-make culinary escape. A taste of the tropics in every bite!

Preparation 15 min

Cooking 60 min

Servings 4

Nutrition Facts (per serving)

Calories 385

Fat 22

Carbohydrates 11

Fibre 2

Protein 33

Sodium 295

Ingredients

- 1 large yellow onion, chopped
- 2 large red peppers, diced
- 2 large carrots, peeled and sliced
- 2 cloves garlic, chopped
- 400 mL (1 $\frac{3}{4}$ cups) light coconut milk
- 60 mL ($\frac{1}{4}$ cup) tomato paste

- 15 mL (1 tbsp) curry powder
- 10 mL (2 tsp) paprika
- 10 mL (2 tsp) ground turmeric
- 2.5 mL (½ tsp) ground cayenne pepper (optional)
- 454 g (1 lb) boneless, skinless chicken breasts, cut into cubes
- Salt and pepper, to taste

Preparation

1. In a slow cooker, combine all ingredients except chicken cubes.
2. Add chicken cubes and coat well in the mixture.
3. Cover and simmer on high for 1 hour.
4. Add salt and pepper to taste.
5. Serve with brown rice.

Note: Recipe can also be baked at 375°F (190°C) for 1 hour.

Notes

Can be kept for 3 days in the refrigerator or 3 months in the freezer.



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