

Chicken Bok Choy Curry



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1 lb. chicken breast, cut into 1-inch cubes
2 T. tapioca starch
2 T. avocado oil
1 small onion, chopped
1-inch piece fresh ginger root, minced
1 clove garlic, minced
2 T. coconut sugar
1 head bok choy, chopped
sea salt
1 t. curry powder
1/2 c. full-fat coconut milk

Heat avocado oil in large saute pan. Add chicken and sprinkle with tapioca starch. Stir-fry for about five minutes over medium-high heat, tossing with a wooden spoon, to coat chicken evenly. When chicken is mostly cooked through add onion, ginger, garlic, sea salt to taste, coconut sugar, curry, bok choy, and coconut milk. Continue stir-frying for about five more minutes until chicken is cooked to 160 degrees F.

Serve with rice.

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