

Green chicken curry with cauliflower rice

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Looking for low-carb recipes? Try this Thai green curry with cauliflower rice.

Ingredients (Serves 3-4)

- 2 green chillies
- 2 cloves garlic
- 1 stick lemongrass
- 1 tbsp curry powder
- 1 tbsp turmeric
- ¼ cup cold pressed extra virgin coconut oil, plus extra for cooking
- 1 x 400 ml can coconut milk
- 1 x 400 ml can coconut cream
- 1 small sweet potato, peeled and roughly chopped
- 500 g [chicken](#) thigh, diced
- Sea salt and pepper, to taste
- 1 bunch broccolini
- 1 zucchini
- 1 cauliflower
- 1 lemon
- ¼ bunch coriander

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Method

Halve chillies and remove seeds. Roughly chop along with garlic and lemongrass and blend with curry powder, turmeric and coconut oil until a paste forms. If you are unfamiliar with lemongrass, simply remove the tough outer leaves and the bulb (end) and slice the stalk using all of the fleshy part. Stop slicing when you get to the greener, woodier section.

Heat one tbsp of oil in a large pan and cook paste for two minutes or until it becomes fragrant.

Add coconut milk, coconut cream, [sweet potato](#) and chicken and simmer for 15 minutes or until chicken is cooked and sweet potato is soft.

Season with salt and pepper to taste.

Add chopped, washed greens and simmer for five minutes.

Thoroughly wash cauliflower. De-stem, dice into small pieces and blitz in a food processor or blender until it resembles rice. Lightly sauté in coconut oil.

Serve on top of cauliflower rice with fresh coriander and a lemon wedge. Leftovers will keep in the fridge for three to four days.

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