

# CARIBBEAN CHICKEN CURRY SHEET PAN STYLE

## Time

40mins

## Serves

2

## Calories (per serving)

300

## Carbs(per serving)

13g

## Fat (per serving)

15g

## Protein (per serving)

25g



## Ingredients

- 400grams (14 ounces)
- 1 red onion
- 1 red bell pepper
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
- 1 1/2 teaspoon curry powder
- 1 teaspoon Chinese five spice powder, or allspice
- 1/4 - 1/2 teaspoon cayenne pepper
- 13 ounce(400ml) s unsweetened coconut milk (1 can)
- 2-3 cloves garlic
- 2 tablespoons fresh grated ginger
- 1 tbs stevia
- 1 1/2 teaspoons corn starch or arrowroot powder
- Salt and pepper

## Method

Using the flat side of a meat mallet, pound thicker parts of chicken to even thickness. In a small mixing bowl, whisk together coconut oil, lemon zest, lemon juice, garlic, oregano, basil, thyme, rosemary and season with salt and pepper (about 1 tsp salt 1/2 tsp pepper). Place chicken in a gallon size resealable bag, pour in coconut oil mixture. Seal bag while pressing air out. Rub marinade over chicken. Transfer to refrigerator and allow to marinate 2 - 5 hours (rotate bag and move chicken around halfway through if possible).

Preheat grill over medium-high heat (to about 425 - 450 degrees F 215-230 c). Brush grill grates lightly with oil. Place chicken on grill, close lid, and grill about 4 minutes per side, or until chicken registers 160 - 165 degrees F in center of chicken on an instant read thermometer. Let chicken rest 5 minutes, garnish with fresh parsley then serve immediately.

[WWW.NATURESBODY.COM.AU](http://WWW.NATURESBODY.COM.AU)

Recipe modified from [www.cookingclassy.com](http://www.cookingclassy.com)