

Sweet and Mild Chicken Coconut Curry

6-8 chicken legs (skin on)

1 onion

1 bell pepper

1 yam

2 C. grape tomatos

1 can coconut milk

2 T. coconut oil

1-2 T. curry powder

Salt and Pepper to taste

For Serving:

Lime, cilantro, cashews

Preheat oven to 375°. Large dice the onion, pepper, and (peeled) yam, and set aside. Heat dutch to oven or oven safe pot to medium high heat. Melt coconut oil, then brown all the chicken legs until they are golden and skin is crispy (they will still be raw in the middle). Remove the chicken from the pot, and sauté the vegetables in the remaining oils until they become a bit tender, about 10 minutes. Add the curry powder, salt, pepper, and coconut milk, and stir. Nestle the chicken legs back in with the vegetables, then cover with a lid and place in a 375° oven for one hour.

Serve as a stew, or over steamed rice. Garnish with plenty of cilantro, cashews, and fresh lime juice!

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