

Curried Chicken and Quinoa

Dr. Sarah Hardy, ND

- 2 Tbsp olive oil
- 2 skinless, boneless chicken breasts, sliced into 1" pieces
- 1 clove garlic, minced
- 1 small onion, minced
- ½ cup red pepper, chopped
- 1 cup cauliflower, chopped
- 1 cup green peas
- 1 tsp curry powder (or to taste)
- ½ tsp sea salt or Herbamere
- 1 can coconut milk
- 3 cups water
- 2 cups quinoa

Heat oil, chicken, garlic and onion in saucepan until chicken is cooked. Stir in cauliflower, curry and salt. Add coconut milk and water, cover and bring to a rapid boil. Add quinoa. Cover, reduce heat and simmer 15 minutes. During last few minutes, stir in red pepper and peas. Remove from heat and let stand covered 5 minutes.