



# Jamaican Curry Chicken and Coconut Rice

Prep Time: 10 minutes | Cook Time: 20 minutes | Yield: 6 servings

## INGREDIENTS:

### Chicken:

1.5 lbs chicken breast	3 cloves garlic
1 Tbsp. olive oi	1 tsp. kosher salt
1 large onion, chopped	1/4 cup lime juice
1 green pepper, chopped	1/2 tsp. chili powder
1 Tbsp. curry powder	1 tsp. all spice
2 tsp. cumin	3/4 cup chicken broth
1/4 tsp. ground thyme	

### Rice:

1 1/2 cups rice
1 1/2 cups water
113.6oz can coconut milk
1/2 tsp. salt

## INSTRUCTIONS:

### Chicken:

1. Heat olive oil in Instant Pot on sauté mode. Add onion and green pepper. Sauté until softened, about 5 minutes. Remove from pot and set aside. Turn off heat.
2. Add curry powder and cumin to pot. Stir for about 30 seconds (pot will still be hot and spices will become fragrant). Then, stir in thyme, garlic, salt, lime juice, chili powder, all spice, and chicken broth.
3. Add chicken to pot. If you don't mind the vegetables being very soft, you can stir them in at this point as well. However, if you don't want them too soft, wait and stir them in after the chicken is cooked. Cover and cook on high for 11 minutes. Let natural release for 10 minutes.
4. Remove chicken and shred with two forks. Return to pot and stir peppers and onions if you haven't already done so.

### Rice:

1. In a medium sized pot, bring water, coconut milk and salt to a boil. Once boiling, stir in rice, cover, and reduce to simmer. Let simmer for 15 minutes, or until liquid is absorbed.
2. Serve chicken over rice.

## NUTRITION INFORMATION PER SERVING:

502 Calories | 22g Fat | 842mg Sodium | 3g Fiber | 29g Protein | 3g Sugar