

## Soothing Coconut & Herb Chicken

2 servings  15 minutes

### INGREDIENTS

- 1 chicken breast or 2 boneless chicken thighs
- 1 tbsp coconut oil
- 1/2 cup full-fat coconut milk
- 1/2 tsp turmeric
- 1/2 tsp dried thyme or rosemary
- 1-2 clove garlic, roughly chopped
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- Pinch of red pepper flakes (optional)
- Juice of 1/2 lime
- 1 cup steamed broccoli or sautéed zucchini for serving

### DIRECTIONS

1. Heat coconut oil in a pan over medium heat. Add garlic and sauté for 30 seconds.
2. Add the chicken and cook until golden on both sides.
3. Pour in coconut milk, add turmeric, thyme, salt, red pepper flakes and pepper . Simmer for 10-12 minutes until the chicken is fully cooked.
4. Squeeze lime juice over the dish and serve with steamed broccoli or zucchini.