

saag coconut chicken

Makes 4 servings

RECIPE ADAPTED FROM: [Living Kitchen Cookbook](#)

PREP TIME: 10 minutes

COOK TIME: 1 hour

1 Tbsp coconut oil or ghee
½ cup diced onion
3 cloves garlic, minced
2 tsp minced ginger root
1 tsp turmeric
1 tsp cumin
1 tsp coriander
1 tsp garam masala
½ tsp sea salt
Pinch of pepper
2 cups baby spinach
1 cup baby kale
½ cup cilantro, chopped
14oz can full-fat coconut milk
1 tsp coconut oil or ghee
4-6 chicken thighs

HEAT coconut oil in a wide pan over medium heat. Add onions and sauté for 5 minutes. Add garlic, ginger, spices, salt and pepper and sauté for another minute.

ADD spinach, kale and cilantro, stirring to make sure all the greens are coated in the spices.

POUR in coconut milk. Simmer for 5 minutes.

TAKE off the heat, then carefully puree in a food processor until the mixture is perfectly smooth. If you don't have a food processor, use a regular blender, or even a hand blender.

WITHOUT washing out the pan, add 1 tsp of coconut oil to the pan and sear chicken for 5 minutes per side.

ADD the blended green mixture back to the pan, cover, and simmer for 30 minutes, or until the chicken is cooked through and has an internal temperature of 165°F.

