

CHICKEN CURRY

Ingredients:

4 oz. chicken, cut into bite-sized pieces (100 calories, 0 net carbs)
3/4 c. cauliflower (20.3 calories, 2.2 net carbs)
1/2 c. raw bell peppers, chopped (15 calories, 2.3 net carbs)
2 tbsp. onions, chopped (8 calories, 1.4 net carbs)
1 tsp. minced garlic (4 calories, 0.8 net carbs)
1 tbsp. green curry paste (15 calories, 2 net carbs)
1 tsp. Sambal Oelek chili paste (0 calories, 0 net carbs)
1/4 c. Silk unsweetened almond milk (7.5 calories, 0 net carbs)
dash garam masala
dash salt

TOTAL: 169.8 calories, 8.7 net carbs

Directions:

Place bell peppers, onions, garlic, curry paste, chili paste, almond milk, and spices into food processor and puree till smooth. Set aside and clean out food processor. Cut cauliflower into pieces and place into food processor. Using the small grater attachment, feed cauliflower through the food processor. Pan-fry chicken. Pour sauce into pan over chicken and stir until thoroughly heated. Place grated cauliflower in a microwave-safe dish and microwave on high until warmed through. Serve chicken curry over cauliflower “rice.”