

## CURRIED CHICKEN WITH COUSCOUS<sup>o</sup>

**SERVES: 8** (½ cup couscous and ¾ cup chicken each) Prep Time: 15 min. Cooking Time: 27 min.

CONTAINER EQUIVALENTS:  ½  1  1  ½



**2 cups** water  
**1 tsp.** sea salt (or Himalayan salt),  
*divided use*  
**1 cup + 2 Tbsp.** dry whole-grain couscous  
**2 Tbsp.** all-purpose flour  
**2 Tbsp.** curry powder  
**2 lbs.** raw chicken breast, boneless,  
 skinless, cut into ½-inch strips  
 (or bite-sized pieces)  
**1 Tbsp.** extra-virgin organic coconut oil  
**2 cups** canned lite coconut milk  
**1½ cups** finely sliced (into matchstick-  
 sized pieces) carrots (approx.  
 3 medium)  
**½ cup** raisins  
 Chopped fresh cilantro  
 (for garnish; optional)

1. Heat water and ¼ tsp. salt in medium saucepan over medium-high heat. Bring to boil.
2. Add couscous; mix well. Remove from heat. Let stand, covered, for 5 minutes. Remove cover and fluff with a fork. Set aside.
3. Combine *remaining* ¾ tsp. salt, flour, and curry powder in a resealable plastic bag. Add chicken, seal the bag, and toss gently to coat. Set aside.
4. Heat oil in large skillet over medium heat.
5. Add chicken; cook, stirring frequently, for 5 to 6 minutes, or until chicken is no longer pink.
6. Add coconut milk, carrots, and raisins. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 10 minutes, or until chicken is tender.
7. Top with 3 pieces of chicken and approx 1/3 cup coconut milk mixture (or 3/4 cup chicken mixture if chicken has been cut into bite-sized pieces).
8. Garnish evenly with cilantro, if desired.

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 336 Total Fat: 9 g Saturated Fat: 5 g Cholesterol: 83 mg Sodium: 370 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 8 g Protein: 30 g