

Chicken Curry Over Spaghetti Squash or Rice

(Adapted from Pinterest Recipes)

Ingredients

- 1 ½ lbs boneless, skinless chicken thighs
- 1 bunch cilantro
- 1 white onion – coarsely chopped
- 1 green bell pepper – coarsely chopped
- 1 bunch carrots – shredded
- 1 lime
- 1 13 ½ ounce can full fat coconut milk
- 2 tablespoons brown sugar
- ½ teaspoon coriander – ground
- 1 teaspoon curry powder
- 1 teaspoon salt
- ½ teaspoon red pepper – ground
- 1 teaspoon turmeric – ground
- 1 medium spaghetti squash – halved & seeded OR
- 1 cups basmati rice
- 2 cups water or bone broth & more water for multi-cooker as called for

Directions

Add 1 cup water to the multi-cooker and place steamer rack or colander inside and stack the chicken thighs evenly.

Put the multi-cooker on 'high' pressure cook for 10 minutes. Quick release the pressure release, remove the chicken and set aside to cool slightly.

Set the multi-cooker to sauté and add all of the remaining ingredients, except for the lime and cilantro. Coarsely chop the chicken and add back into the multi-cooker with the sautéed ingredients.

Sauté until the onions and peppers are to your desired softness. Add the cilantro and lime towards the end of cooking.

Spaghetti squash: split the squash in half length-wise, remove seeds and place both halves in the multi-cooker on the steamer rack. Add 1 cup water and cook 13 – 15 minutes. Quick release the steam. Shred, plate and spoon curry on top – Serve Yum!

Rice: 1 cup rice, rinsed well and 2 cups water or bone broth. Pressure cook on high 25 minutes. Quick release pressure, fluff. Plate the rice and spoon curry on top. Serve also Yum!