

Skip the oily takeout and home cook this [easy, one-pan recipe](#) for chicken and veggie curry in a rich coconut sauce!

This coconut curry is ready for dinner faster than you can order out for delivery. In under an hour, this hassle-free curry is ready to enjoy with plenty of servings to go around—and minimal cleanup!

Start by browning diced chicken breast in a hot sauté pan. Next, add peppers and onions to the pan before building the coconut curry broth. Coconut cream makes for a thick and creamy sauce while warm, aromatic spices like cumin, fenugreek, and [anti-inflammatory turmeric](#) give this curry its exotic flavor. All you need is a tablespoon of Ava Jane's Curry Powder seasoning to season the whole dish, plus a bit of freshly grated ginger for zesty brightness.

Instead of water, we use chicken stock to add liquid to the curry. Homemade, gut-healing [chicken bone broth](#) is ideal, but regular chicken stock works just as well.

Add cauliflower and broccoli last to keep them crisp and ensure they don't overcook. Other great vegetables to add here include bok choy, eggplant, sweet potato, and bamboo shoots.

After the aromatic curry is ladled into bowls, garnish with herby cilantro (or Thai basil, if you prefer) and a squeeze of fresh lime juice. Serve over cauliflower rice or zucchini noodles if desired.

Tips

- Because this recipe makes multiple portions, it's a great meal prep recipe to have on hand, especially in the cooler months.
- Ava Jane's Curry seasoning includes sea salt, but feel free to add an extra ½ teaspoon if you prefer a bit more.
- If you can't find canned coconut cream, scoop the solid white portion from canned full-fat coconut milk.
- Store leftovers in an airtight container in the refrigerator for up to 5 days.

Prep time- 10 minutes

Cook time- 30 minutes

Total time- 40 minutes

Serves- 6

Tools

Large sauté pan

Ingredients

2 T avocado oil

2 boneless skinless chicken breasts, cubed

½ cup chopped white onion
1 cup chopped red bell pepper
1 t grated ginger
1 cup canned full fat unsweetened coconut cream
3 cups chicken stock
2 T Ava Jane's Curry Powder seasoning
2 cups broccoli florets
2 cups cauliflower florets
1/3 cup chopped cilantro for serving
Lime wedges, for serving

Directions

1. Heat the avocado oil over medium-high heat for 2 minutes in a large sauté pan.
2. Add the chicken breast cubes and brown for 3 minutes on each side. Add the bell peppers, onion, and ginger to the pan and sauté for 5 minutes, stirring occasionally.
3. Reduce the heat to medium. Add the coconut milk, chicken stock, and Ava Jane's Curry Powder to the pan. Bring to a boil. Simmer for 10 minutes.
4. Add the broccoli and cauliflower, and simmer 10 minutes longer.
5. Ladle into bowls. Serve hot with cilantro and lime wedges.