

INSTANT POT

Chicken Sweet Potato Curry

6 SERVINGS

PREP: 15 MINS

COOK: 20 MINS



INGREDIENTS

- 2 tsp. Olive or avocado oil
- 1/2 medium yellow onion, diced
- 3 garlic cloves, minced
- 1 1/2 lbs. chicken breast, cubed
- 1 medium-large sweet potato, cubed (2 cups)
- 1 red bell pepper, sliced or diced
- 2/3 cup chicken broth
- 3-4 tbsp. curry powder
- 1 1/2 tsp. ground cumin
- 1 tsp. ground turmeric
- 1/4 tsp. cayenne pepper
- 1/2 tsp. sea salt
- 1 can (14 oz.) full fat coconut milk
- 2 cups frozen green beans
- Cashews, cilantro, lime wedges & cauliflower rice or rice of choice for serving

DIRECTIONS

1. Set your Instant Pot to the sauté setting. Add the oil, onion, and garlic and sauté until onions are translucent.
2. Then turn to high pressure. Add the chicken, sweet potatoes, red pepper, broth, curry, cumin, turmeric, cayenne, and sea salt. Seal the Instant Pot and set time for 10 minutes.
3. Once the time is up, release the pressure by switching from seal to vent. Once pressure is released, remove the lid and turn Instant Pot to the sauté setting. Stir in coconut milk and frozen beans and let cook for an additional 2-3 minutes or until the green beans are heated through. Add additional curry powder and salt to taste.
4. Serve over cauliflower rice, regular rice, or greens and top with cashews, lime wedges, and fresh cilantro.

NUTRITION

Serving Size: 1/6th of recipe | Calories: 335 | Fat: 17g | Sodium: 540mg | Carbohydrate: 17g | Fiber: 4g | Sugar: 6g | Protein: 28g

RECIPE BY: THE REAL FOOD DIETITIANS

