

# CHICKEN GARAM MASALA

By Dr. Cindy Tanzar  
(Standard/Maintenance)

This is such a delicious dish! Garam Masala is a blend of ground spices used extensively in Indian cooking. It isn't hot spicy, but has tremendous flavor. The turmeric is very anti-inflammatory with a unique flavor, as well. This recipe makes plenty of sauce, so take advantage of every spoonful by serving it over cauliflower rice, spaghetti squash, or any other plan-approved vegetable that you enjoy.

This recipe makes 4 servings. (The chicken will serve 4 after trimming and cooking.)  
One serving covers your protein and fat for one meal.



## INGREDIENTS

- 3 Tbsp coconut oil
- 2-1/2 tbsp garam masala seasoning (in spice aisle)
- 2 tsp turmeric
- 2 cloves garlic, finely chopped
- 1 tsp Pink Himalayan salt



1.5 lbs. boneless chicken thighs, trimmed and sliced  
1 red Bell pepper, thinly sliced  
1-1/2 cups coconut cream  
Chopped cilantro to garnish - optional

## **INSTRUCTIONS**

Heat a large skillet over medium-high heat, then add the coconut oil. When oil is hot, add the garam masala, turmeric and garlic. Fry for one minute, stirring constantly.

Add the chicken and salt, and stir well. Fry for 3-4 minutes, then add the red Bell pepper. Continue to fry 2 minutes.

Add the coconut cream, mix well, and simmer uncovered over low-medium heat for 10 minutes.

Serve over 3/4 cup of cooked vegetables (red pepper already included). It's great with most vegetables. We especially like green beans, so think outside the box!