

Caribbean Coconut And Lime Chicken



DIETARY:

MAKING THIS RECIPE

Ingredients

4 chicken thighs (skin on)
1 tbsp olive oil
1 ½ tsp salt
1 ½ tsp pepper
2 onions, thinly sliced
4 garlic cloves, sliced
2 red chillies, sliced
260ml coconut milk
1 large lime, zested
1 large lime, juiced
2 tsp [Poudre De Colombo Spice Blend](#)
60ml water

Method

Step 1:

In a dish, add 1 tsp of salt and 1 tsp of pepper to the chicken thighs and coat all sides.

Step 2:

Heat the oil in a pan and add the chicken thighs skin side down. Cook for 5 minutes on each side until browned, and remove from the pan.

Step 3:

Add the onions to the pan and cook for around 5 minutes until transparent.

Step 4:

Add the garlic, chillies, ½ tsp salt and ½ tsp pepper to the pan and cook for a further 1 minute.

Step 5:

Add the coconut milk and water and bring to the boil.

Step 6:

Once boiling, reduce to a simmer and add the chicken thighs back in, skin side up.

Step 7:

Cover and simmer for around 20 minutes or until the chicken is cooked through.

Step 8:

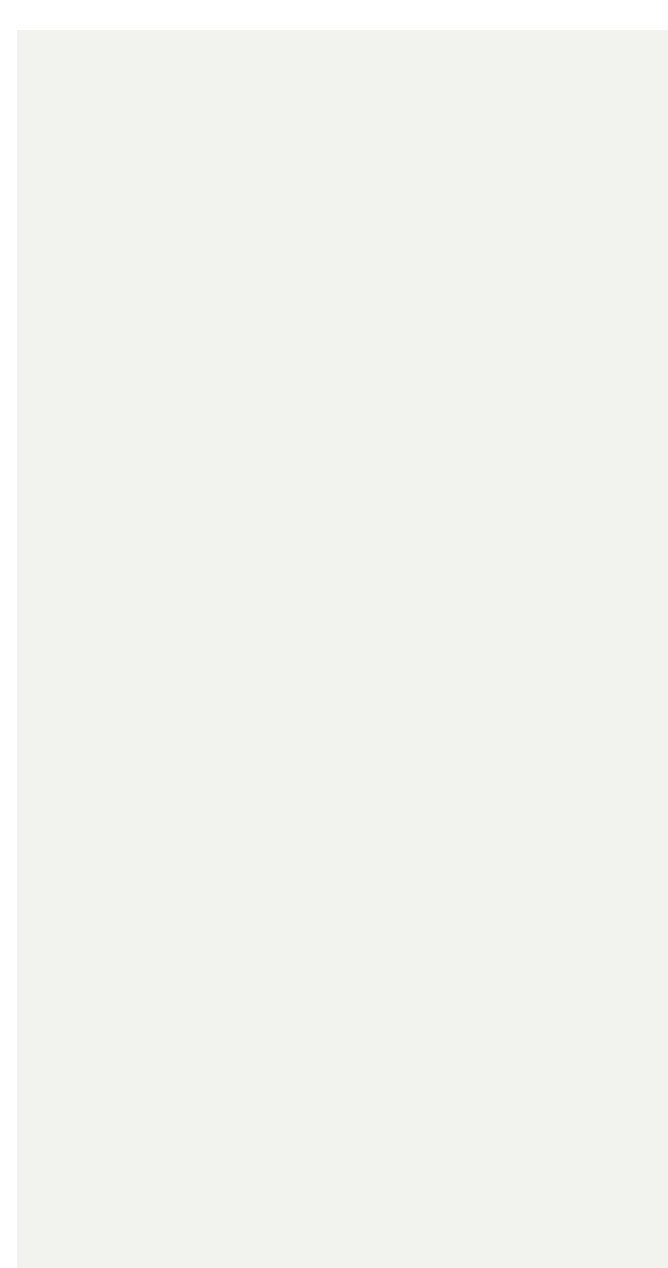
Add in the lime juice and cook for around 5 minutes until the sauce thickens.

Step 9:

Add the lime zest and curry powder and cook for a further 1 minute.



Buy the ingredients for this recipe



Jambalaya Recipe
CAJUN

TAKE A LOOK



Veggie Chilli
CAJUN, MEXICAN, WORLDWIDE

TAKE A LOOK



Coronation Chicken
WORLDWIDE

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