



cara price

CASHEW COCONUT CHICKEN

INGREDIENTS

for the chicken:

- 3 pounds chicken thighs, boneless & skinless
- 1 cup raw cashews
- 3 tablespoons coconut oil, divided
- 2 tablespoons tapioca flour
- 2 tablespoons finely shredded coconut flakes
- 1 tablespoon chinese 5 spice seasoning
- 1-1/2 teaspoons salt
- 1 teaspoon pepper
- 3 cloves garlic, minced
- 1" piece of lemongrass, peeled & finely chopped

for the sauce:

- 1/2 cup light coconut milk
- 2 tablespoons coconut aminos
- 1 tablespoon lime juice

optional garnish: chopped parsley or cilantro

DIRECTIONS

Place the raw cashews into a food processor & grind until fine pieces, but not all the way to a flour consistency. add in tapioca flour, coconut flakes, chinese 5-spice, salt & pepper. pulse in food processor until well blended.

transfer the cashew mixture to a large pan & dredge the chicken thighs evenly.

combine coconut milk, coconut aminos & lime juice in a small bowl & set aside.

heat 2 tablespoons of the coconut oil in a large & deep flat bottom skillet over medium-high heat. brown chicken 3-4 minutes per side & transfer to a plate to keep warm. work in batches until all the chicken is done.

add in the last 1 tablespoon of coconut oil & saute the garlic & lemongrass for about 2-3 minutes.

pour the coconut milk mixture into the pan & let it simmer 1 minute.

add chicken back into pan & cover, turn heat down to low.

cook, covered, for an additional 15 minutes.