



Butternut Squash Chicken Curry



prep time
15 minutes



total time
35 minutes



servings
6

Ingredients

- 2 tsp. of olive or avocado oil
~ 2/3 fat serving
- 1/2 medium yellow onion, diced
~ 1/2 veggie serving
- 3 garlic cloves, minced
- 1 1/2 lbs./675 grams chicken breast, cubed ~ 22.5 protein servings
- 2 cups of cubed butternut squash
~ 1.5 carb servings
- 1 red bell pepper, sliced or diced
~ 1 veggie serving
- 1 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, more to taste
- 1 can (14 oz./420 grams) full fat coconut milk ~ 4 fat servings
- 2 cups frozen green beans
~ 2 veggie servings

Instructions

- 1 Set your Instant Pot to the sauté setting. Add the oil, onion, and garlic and saute until onions are translucent.
- 2 Turn to high pressure and add the chicken, butternut squash, 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 the coconut milk and frozen green 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 rice, then top with cashews, lime wedges, and fresh cilantro.



Whole Recipe Breakdown:
22 1/2 Servings Protein
1 1/2 Servings Carb
4 2/3 Servings Fat
3 1/2 Servings Veggies