

# Curry Chicken

*Unit: Large Skillet or Electric Skillet*

## **Meat**

**4 - Boneless Chicken Breasts**

## **Sauce**

**1 - 12 Oz. Can of Coconut Milk**

**6 - Tsp. Honey**

**2 - Garlic Cloves**

**1 - Tsp. Salt**

**4 - Tsp. Curry Powder**

Combine the sauce ingredients in a small saucepan and begin cooking on medium-low heat. Once the sauce has simmered for several minutes, preheat a large skillet on medium-high heat for approximately 5-7 minutes. (400 on electric — until water beads like mercury when sprinkled in the hot skillet)

Add the chicken to the large skillet and cook for 7 minutes. It should release freely when ready to flip. Pour the sauce ingredients over the chicken and rotate the valve below the knob to open.

Cover the unit and reduce the heat to medium-low heat. (275 on the electric skillet), Cook for approximately 20 minutes. Enjoy! This recipe is great with rice.

\*\*If the valve continues to activate, reduce the heat a bit.