Cashew Chicken Curry with Cauliflower Rice

Recipe by Bianca Osbourne from Joyous Health

Ingredients:

- 1 head cauliflower
- 1lb chicken breast, cut into bite sized cubes
- 1 cup coconut milk
- 1/3 cup raw cashews
- 1 tsp organic vegetable Better than Bouillon paste
- 1/2 sweet vidalia onion, cut into half moons
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 2 tbsp curry powder
- 1/2 tsp raw honey
- 1 tsp sea salt
- 1 tsp pepper
- 1 tsp coconut oil
- cilantro, to garnish

Instructions:

1. In a medium sized soup pot on medium high heat, melt the coconut oil. Add the onion, garlic, ginger and chicken breast, season with salt, pepper and cook until the chicken starts to develop colour and the onions are translucent and fragrant. Stir to ensure the garlic doesn't burn.
2. Add the bouillon paste, curry and honey and stir to coat everything, then add the coconut milk. Simmer, covered, for 10 minutes.
3. MEANWHILE, wash the cauliflower and remove the florets from the stem; then finely chop the florets until the cauliflower begins to look like rice. You can either leave them raw or saute lightly in oil in a non stick pan to remove some of the bite.
4. Once the sauce is simmered, , remove from heat, remove the chicken pieces with a slotted spoon, add the cashews and cool for 5 minutes; once cool enough to blend, blend using a hand blender, food processor and/or blender until smooth.
5. Add the sauce to the blended chicken and serve over warm cauliflower rice.
6. TO SERVE garnish with fresh cilantro.

Notes:

Additional Notes: MAKE AHEAD: Prepare the sauce completely and freeze in portion sizes

for an emergency meal served with (made ahead) rice. VEGETARIAN: Substitute chicken

for I can of chickpeas for the same meaty taste. HATE CAULIFLOWER: Substitute your

favourite rice for cauliflower. NUT FREE: Substitute cashews for sesame seeds or tahini (sesame seed paste).