



# Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
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## Sweet Potato Chicken Curry

Serves 4

### Ingredients:

- |   |                                      |
|---|--------------------------------------|
| 1 Tbsp. coconut oil, divided  | ½ can coconut milk                   |
| 1 lb. boneless skinless chicken breasts, cut into bite sized pieces | 3 Tbsp. natural creamy peanut butter |
| 1½ cups diced sweet potato, par-cooked                              | 1 Tbsp. curry paste                  |
| Kosher salt and fresh ground black pepper to taste                  | 2 tsp. maple syrup                   |
| 2 tsp. fresh minced ginger  | 1 tsp. fish sauce                    |
| Chopped cashews for garnish   | Juice of ½ of a lime                 |
| 4 cups brown rice, cooked   |                                      |

### Directions:

1. In a small bowl whisk together coconut milk, peanut butter, curry paste, fish sauce, maple syrup and lime juice and set aside.
2. Par-cook the sweet potatoes: Start by cutting the sweet potatoes into cubes. Then in a microwave-safe dish add the sweet potatoes and ¼ cup water. Cover with plastic wrap and pierce with the tip of a knife to vent and microwave for 4-5 minutes. Drain the water.
3. In a large skillet add 1½ teaspoons of the coconut oil in a large skillet over medium-high heat. Add the chicken and continue to cook until the chicken is cooked through. Then remove the cooked chicken from the skillet onto a plate.
4. Add the remaining coconut oil to the skillet along with the diced par-cooked sweet potato. Season lightly with salt and pepper and sauté for about 2 minutes or until the sweet potato is tender.
5. Add the chicken back into the skillet along with the grated ginger. Stir to combine and add the prepared sauce. Cook to warm the sauce.

*Serve over brown rice, topped with cashews.*