

Coconut Lime Chicken

Instructions

1. Add the olive oil to a large skillet over medium heat.
2. While the olive oil is warming up, prepare the thawed chicken by adding salt and pepper to both sides.
3. Add the chicken tenderloins to the skillet, and cook until the center of each piece is no longer pink.
4. Once the chicken is fully cooked, remove it from the skillet and set aside.
5. Add the lime juice, coconut milk, garlic, and chicken broth to the warm skillet. Stir together to combine.
6. Add the chicken back to the skillet, and simmer in the sauce for about 5 minutes.
7. Serve the chicken over brown rice or a green salad with the creamy coconut sauce on top.

Ingredients

- 1 lb of chicken tenderloins
- 1 can of coconut milk (around 13.5 oz)
- 1/4 cup of fresh lime juice (about 2 limes)
- 1/4 cup of chicken broth
- 2 tsp of minced garlic
- Salt
- Pepper
- Brown rice

Grocery List

Produce

- 2 limes
- Garlic

Canned Goods/Grocery

- Extra-virgin olive oil
- Chicken broth
- Coconut milk
- Brown rice

Spices

- Salt
- Freshly ground pepper

Meat

- Chicken tenderloins