

Curry Kefir Chicken

Equipment Needed:

Measuring cup for mixing marinade
Whisk
Bowl for marinating chicken
Baking dish for baking chicken with lid or tin foil to cover it.
Vegetable steamer (or colander sitting in a pot with a lid)

Recipe:

Servings 2-4

2 skinless chicken breasts

Rub:

1/2 tsp turmeric
1/2 tsp cumin
1/2 tsp coriander
2 pinches sea salt
1/8 tsp Black pepper

Marinade:

1 – 1 1/2 cups milk kefir or coconut kefir (depend on the size of the chicken breasts)
1-2 tsp fresh garlic, chopped
1-2 tsp fresh ginger, grated (1/2 tsp powdered ginger)
2 tbsp olive oil
½ cup onion, chopped (optional)
½ cup dry brown rice, per person, cooked ahead of time (see recipe in Cooking Methods section)
1 ½ - 2 cups mix vegetables per person, steamed

Mix the rub together in a bowl big enough to hold the other ingredients. Add the kefir, garlic, ginger, olive oil and onion (if using). Mix all the ingredients together. Season with more sea salt and pepper, if needed. Place the chicken breast in a baking dish that leaves space between them. Pour on most of the marinade and make sure the chicken breasts are completely covered, including underneath. Cover with a lid or foil and bake for 25-30 minutes. 10 minutes before the chicken is ready, steam the vegetables. Re-heat the rice by adding it to a dry frying pan and stir on medium heat until hot. Time is going to vary for the chicken depending on the size of the chicken. Remove from the oven and serve with brown rice and steamed vegetables. Use the leftover marinade on the vegetables and rice. You can also use what is left in the baking dish as well although it does tend to separated when baked.

Tip: if cutting the chicken breasts in half to serve 4 people, do so before baking as they will cook faster