Nourishing Therapies

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Happy Gut

KITCHEN

COCONUT CURRY

Coconut Curry

This curry is packed full of gut-healing, anti-inflammatory ingredients.

Spices such as ginger, turmeric, cumin and coriander are amazing for your gut and also help to reduce inflammation in your body.

Chicken broth (if homemade) is incredibly soothing to the intestines and highly nutritious.

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INGREDIENTS

- 3 tbsp coconut oil
- 1 onion, diced
- 2 garlic cloves, thinly sliced
- 1 thumb-sized piece of ginger, finely grated
- ½ tbsp ground turmeric (or 1 thumb size grated fresh turmeric)
- ½ tbsp ground cumin
- 1 tbsp ground coriander
- 1 stalk lemongrass, the lower third finely chopped (or you can just hit the stalk a few times with the back of a knife to release the essential oil and put it whole in your pot. Just remove it at the end of cooking)
- Zest and juice of 1 lime
- 6 boneless chicken thighs
- ¼ of a pumpkin, peeled and chopped into cubes
- About 20 green beans, chopped
- A bunch of bok choy or other Asian greens, chopped
- 1 cup chicken broth
- 1 tsp salt
- 1 can (13.5 oz) full-fat coconut milk or coconut cream
- 1 bunch coriander

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INSTRUCTIONS

1. Heat oil in a large skillet on medium heat.

2. Add onion and garlic and cook until onions are translucent. Remove the onions and garlic from the oil after cooking (this gives you the flavour but as onions and garlics are high in FODMAPs, we are going to remove them to reduce the chance of digestive upset).

3. Add ginger, turmeric, cumin, coriander, lemongrass, zest and lime juice and chicken and more oil, if needed. Mix to coat chicken and then add pumpkin.

4. Add 1 cup of chicken broth and a teaspoon of salt and bring to boil. Let cook until veggies are soft.

5. Add coconut milk, green beans and Asian greens. Let simmer to mix flavours.

6. Top with fresh coriander and serve. Once your digestion improves, you could use this same recipe and serve it with rice. However, I recommend omitting the rice for now.