

# Trinidadian Chicken Curry

*with Coconut Grits & Collard Greens*

The Caribbean island of Trinidad, with its vast cultural influences, is known for its complex and vividly flavorful cuisine. This includes dishes with Indian roots, like warming curries. Here, we're seasoning chopped chicken with a signature blend of curry spices. After cooking the chicken, we're adding a bit of butter and lime juice to the pan, resulting in a quick and light curry sauce. Coconut grits (which get their flavor and consistency from sweet, creamy coconut milk) make for a perfect pairing, accented by a garnish of pan-toasted coconut flakes.



## Ingredients

- 4 Boneless, Skinless Chicken Thighs
- $\frac{3}{4}$  Cup Yellow Grits
- $1\frac{3}{4}$  Cups Light Coconut Milk
- 3 Cloves Garlic
- 1 Bunch Collard Greens
- 1 Lime
- 1 Bunch Cilantro

## Knick Knacks

- 2 Tablespoons Dried Coconut Flakes
- 1 Tablespoon Butter
- 2 Teaspoons Trinidadian Curry Spice Blend  
(Curry Powder, Ground Nutmeg, Smoked Paprika, Dried Thyme, Ground Cumin & Ground White Pepper)

**Makes 2 Servings**

**About 700 Calories Per Serving**

**Prep Time: 10 min | Cook Time: 20 to 30 min**





1



### Prepare the ingredients:

Wash and dry the fresh produce. In a medium pot, combine the **coconut milk** (shaking the can before opening), a **big pinch of salt** and **1 ½ cups of water**; heat to boiling on high. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime. Peel and mince the garlic. Remove and discard the collard green stems; thinly slice the leaves. Pick the cilantro leaves off the stems; discard the stems. Pat the chicken dry with paper towels and chop into bite-sized pieces; place in a bowl. Season the chopped chicken with salt, pepper and the **spice blend**; toss to coat.

2



### Make the coconut grits:

Slowly add the **grits** to the pot of boiling **coconut milk and water**, whisking to break up any clumps. Reduce the heat to low and simmer, whisking occasionally, 10 to 12 minutes, or until thickened and tender. (If the grits seem too thick, gradually add up to ¼ cup of water to achieve your desired consistency.) Remove from heat. Add the **lime zest** and **half the butter**; whisk until thoroughly combined. Season with salt and pepper to taste. Cover and set aside in a warm place.

3



### Toast the coconut flakes:

While the coconut grits simmer, heat a medium, dry pan (nonstick, if you have one) on medium until hot. Add the **coconut flakes** and toast, stirring frequently, 3 to 5 minutes, or until golden brown. Transfer to a plate. Wipe out the pan.

4



### Cook the collard greens:

While the coconut grits continue to simmer, in the pan used to toast the coconut flakes, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **collard greens**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the garlic is fragrant and the collard greens have wilted. Transfer to a plate and set aside in a warm place. Wipe out the pan.

5



### Cook the chicken:

In the pan used to cook the collard greens, heat 2 teaspoons of olive oil on medium-high until hot. Add the **seasoned chicken** and cook, stirring occasionally, 5 to 7 minutes, or until browned and cooked through. Turn off the heat. Add the **remaining butter**, the **juice of 2 lime wedges** and **1 tablespoon of water**; stir until thoroughly combined, scraping up any browned bits from the bottom of the pan. Season with salt and pepper to taste.

6



### Plate your dish:

Divide the **coconut grits** between 2 bowls. Top with the **cooked collard greens** and **cooked chicken**. Garnish with the **toasted coconut flakes**, **cilantro** and **remaining lime wedges**. Enjoy!