

# Thai Basil Coconut Chicken (Over Roasted Cauliflower)

## Ingredients

- 1 head of cauliflower, medium to large
- 2 Tablespoons honey Dijon mustard
- 2 Tablespoons extra-virgin olive oil
- 1 Tablespoon garlic, minced
  
- 1 lb. chicken, boneless and skinless
- ¼ - ½ teaspoon cayenne (We like spicy, so I use ½ tsp!)
- 1 ½ Tablespoons garlic, minced
- ½ teaspoon ground ginger
- 1 ½ teaspoons turmeric
- 1 can coconut milk, full fat
- 2 Tablespoons raw honey
- 1 teaspoon apple cider vinegar
- ½ cup Thai basil leaves, chopped



## Instructions

1. Pre-heat oven to 375 degrees. Line baking sheet/dish with a layer of tinfoil (this makes the cleanup super easy). Cut head of cauliflower into quarters and place on baking sheet.
2. Combine honey Dijon mustard, extra-virgin olive oil and 1 Tbsp garlic in a small bowl. Use a brush to coat each piece of cauliflower.
3. Bake for 30-40 minutes, or until a knife can easily pierce the cauliflower.
4. While the cauliflower is baking...cut chicken into 1" pieces and place in a large skillet. You can add coconut oil to your skillet if necessary, but I find I don't need it for my skillet. Cook chicken over medium heat until done!
5. Add cayenne, 1 ½ Tbsp garlic, ground ginger and turmeric. Stir to coat chicken.
6. Add coconut milk, honey and apple cider vinegar. Simmer for 5 minutes. Add Thai basil leaves.
7. Chop roasted cauliflower into bite size (or smaller) pieces.
8. Serve Thai Basil Coconut Chicken in a bowl over the roasted cauliflower.

Enjoy!

(This recipe was adapted from FoodRenegade.com. [You can find the original recipe here.](#) Their recommendation is to serve this over rice, but I work hard to avoid all grains and find the roasted cauliflower to be more flavorful than plain rice.)



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