Curry Chicken Stuffed Peppers



What You'll Need

- 1 1/2 tbsp olive oil
- 1/2 cup chopped onion
- 1 chicken breast, cut in 1-inch pieces
- 1 tsp curry powder
- 1/2 tsp ground turmeric
- 1 tsp dried ginger or 1 tbsp grated fresh ginger
- 2 cloves garlic, chopped
- 1 cup full-fat coconut milk
- Sea salt and black pepper to taste
- 1 cup chopped tomatoes
- 1 cup cooked brown rice
- 3 bell peppers (any color)
- 3 tbsp panko bread crumbs
- 1 tsp paprika

Directions

1. Heat a skillet on medium-high heat. Add the olive oil and onions. Sauté until slightly translucent.
2. Add the chicken and brown on all side. Add the curry powder, turmeric, ginger, and garlic. Stir to mix. Add the coconut milk and continue to cook until the chicken is no longer pink in the middle. Season with sea salt and pepper to taste.
3. Remove from the stove and add the tomatoes and brown rice. Set aside.
4. Cut the top off of the peppers and remove the seeds. Fill each pepper with the filling, pressing down to fit in as much as possible into each pepper. Top with bread crumbs and sprinkle on the paprika.
5. Place in a baking dish and bake at 350 degrees F. for 30 minutes.

To cook brown rice: Rinse 1/2 cup brown rice and place in a pot with 2 cups water and a pinch of sea salt. Bring to a boil and lower to simmer. Cover and cook for 35 to 40 minutes or until the rice reaches the desired texture. If the water evaporates before the desired texture is achieved, then add more water and continue cooking.