



Coconut Lime Chicken With Asparagus

This is a delightful, easy to prepare Thai dish. Makes a perfect supper. Adjust the chilli to taste.

Prep Time - 10mins, Cook Time 30mins. Feeds 4.

- 4 skinless boneless chicken breasts, about 1 1/2 pounds
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon coconut oil (or any cooking oil)
- 1/2 red onion chopped
- 300 gm trimmed asparagus
- 1 whole red chilli chopped (optional)
- 1 cup chicken stock
- 2 tablespoons lime juice
- 1 tablespoon chopped coriander
- 1/2 teaspoon red chilli flakes
- 1/2 can full fat coconut milk
- 1 tablespoon corn flour mixed into 1 tablespoon water (optional)

- Melt the coconut oil in a large skillet over a medium high heat on the stove. Add the chicken breasts and cook each side for 5 minutes or until browned.
 - Remove the chicken from the skillet and set aside on a plate. The chicken doesn't need to be fully cooked yet because you'll be returning it to the heat shortly.
 - Add the chopped onion, and asparagus to the same skillet and sauté for a minute. Add the chicken stock, lime juice, coconut milk and chili flakes.
 - Bring the mixture to a boil and then reduce down to a simmer. Let it simmer for about 5 minutes to reduce the liquid a bit.
 - Add the chicken back to the skillet, cover and let cook for another 10-12 minutes or until the chicken is cooked through. Thicken more with corn flour if required.
 - Serve with brown rice or cauliflower rice with the warm sauce spooned over the top.
-