Caribbean Chicken Curry

Ingredients

2 lb boneless-skinless chicken breast

½ T curry powder

1 tsp chinese 5 spice

½ tsp chipotle powder

S+P TT

1 red onion, medium dice

2 red bell peppers, cut into strips

1 large sweet potato, medium dice

3 cloves minced garlic

1 can coconut milk

2 T minced ginger

10 drops of stevia

½ T corn starch

Procedure

1) Preheat oven to 425F

2) Toss the chicken breast with peanut oil and the spices, then place on baking sheet

3) Then combine the vegetables and spread around the chicken on the sheet tray. Bake for 20 minutes

4) While the food is baking, combine the ingredients for the sauce and whisk well to combine

5) After 20 minutes, remove from the oven, pour the sauce over everything, shaking the pan a little to combine, then put back into the oven and bake until the chicken reaches an internal temperature of 160F

6) Remove from oven, let rest 5 minutes, cut chicken into bite-sized pieces, combine with vegetables, portion out and serve