



## Coconut-Turmeric Chicken Thigh Stew

with Sweet Potatoes, Spinach & Quinoa



30-40min



2 Servings

This golden stew is both nourishing and delicious! We simmer boneless, skinless chicken thighs in a turmeric-scented coconut broth with aromatic onions, sweet potatoes, and baby spinach. For stewing, chicken thighs are the best cut! A chef's dream to cook with—tender, quick-cooking, juicy, and flavorful. We serve this vibrant stew alongside protein-packed quinoa to soak up all of the brothy goodness.



## What we send

- 3 oz white quinoa
- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz turmeric
- 1 yellow onion
- garlic
- 1 lime
- 1 sweet potato
- ¾ oz coconut milk powder 7,15
- 5 oz baby spinach
- 1 pkt crushed red pepper

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- small saucepan
- medium pot or Dutch oven with a lid

## Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 27g, Carbs 73g, Protein 47g



### 1. Cook quinoa

In a small saucepan, bring **quinoa**, **¾ cup water**, and **½ teaspoon salt** to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Keep covered until ready to serve.



### 4. Sear chicken

Heat **1 tablespoon oil** in a medium pot or Dutch oven over medium-high. Add **chicken** and cook until well browned, 3-4 minutes per side. Transfer to a plate (chicken will not be cooked through).



### 2. Marinate chicken

In a medium bowl, toss **chicken** with **1 tablespoon oil**, **1 teaspoon turmeric**, **½ teaspoon salt**, and **a few grinds of pepper**; set aside until step 4.



### 5. Make stew

Add **onions** to same pot; cook, scraping up browned bits, until onions are softened, 2-3 minutes (add 1-2 tablespoons water, if browning too quickly). Add **chicken and any juices**, **sweet potatoes**, **garlic**, **lime juice**, **coconut milk**, and **½ teaspoon salt**; bring to a simmer. Cover, reduce heat to medium-low, and cook until potatoes are tender and chicken is cooked through, 15-20 minutes.



### 3. Prep ingredients

Halve and thinly slice **all of the onion**. Finely chop **2 teaspoons garlic**. Squeeze **2 teaspoons lime juice** into a small bowl; cut any remaining lime into wedges. Peel **sweet potato**, if desired; quarter and cut each quarter crosswise into ½-inch pieces. In a small bowl or measuring cup, whisk to combine **coconut milk powder** and **1½ cups hot tap water**.



### 6. Finish & serve

Stir **spinach** into pot with **stew** until wilted, 2-3 minutes. Season to taste with **salt** and **pepper**. Fluff **quinoa** with a fork. Serve **stew** with **quinoa** and **lime wedges** for squeezing. Sprinkle with **crushed red pepper**, if desired. Enjoy!