

CURRY CHICKEN BOWL with MILLET-BEACH BASH PILAF

INGREDIENTS:

- 1 c. Enjoy Life Not Nuts Beach Bash Seed & Fruit
- 2 T curry powder
- 1 yellow onion, finely diced
- 6 carrots, finely diced
- 2 cloves garlic, minced
- 4 small chicken breasts, diced
- 3 c. steamed millet
- 1 bunch green onions, thickly sliced
- 2 handfuls baby spinach, lightly chopped
- ½ c. minced cilantro
- 1 lime

DIRECTIONS:

1. Add the Beach Bash and curry powder to a large nonstick sauté pan. Warm over medium heat until curry is toasted and fragrant and coating the Beach Bash. Remove to small bowl
2. Add a good glug of olive oil to the same sauté pan. Add the diced onion and carrots and sauté for 3-4 minutes until lightly softened.
3. Add the minced garlic and diced chicken breasts to the pan and sauté until chicken is opaque and cooked through, about 7-8 minutes. Add another little glug of olive oil and the steamed millet and green onions, stir to combine sauté another 5-6 minutes until millet is lightly toasted.
4. Remove pan from heat and add back the curry toasted Beach Bash and then the chopped baby spinach and minced cilantro. Finish with a squeeze of lime juice and additional salt, if needed.