

Slow Cooker Orange Mango Curry Chicken Thighs and Sweet Potatoes (Whole30, Paleo)

www.EatCleanDragQueen.com

With so many Fall flavors hitting my plate as of recently, I've been craving something "different" and wanted to switch it up with something a bit more reminiscent of Summer! These Slow Cooker Orange Mango Chicken Thigh meals have all the cozy Fall feels, but with touches of Tropical flavor Fresh Mango & Fruit Juices balance out the heat from the Curry Powder & Jalapeño, almost giving this dish a sweet heat effect.

All the flavors come together at the bottom of your Slow Cooker where your Sweet Potatoes are marinating for 6+ hours soaking it all up! Serve with a side of Cauliflower Rice and you've got yourself a Gluten/Dairy/Soy/Refined Sugar Free Meal that'll keep you fueled and filled all day!

INGREDIENTS:

- 3 Lbs Chicken Thighs, boneless and skinless
- 2 Large Sweet Potatoes, cut into large wedges
- 1 Large Mango, diced
- 1 Cup Orange Mango Juice, not from concentrate (if you can't find a blend, 1/2 Orange Juice and 1/2 Mango Juice works perfect!)
- 1/2 Cup Light Coconut Milk
- 2 Tbsp Fresh Ginger, grated
- 2 Cloves Garlic, Minced
- 1 Tbsp Coconut Aminos
- 1 1/2 Tbsp Curry Powder
- 1 Tbsp Tapioca Starch
- 1 Jalapeño Pepper, minced(optional)
- 2 Tbsp Coconut Flakes, for garnish
- Green Onion, for garnish
- Salt & Pepper to taste

INSTRUCTIONS:

1. In a large slow cooker, whisk together Orange Mango Juice, Coconut Milk, Garlic, Ginger, Coconut Aminos, Jalapeño Pepper, Salt, & Pepper until well combined.
2. One by one, season Chicken Thighs generously with Curry Powder, Salt, & Pepper then set aside on a plate.
3. Place Sweet Potato Wedges across the bottom of the slow cooker, then lay the Chicken Thighs on top of the Sweet Potatoes. Cover and cook on low heat for 6-7 hours.
4. Once cooked, remove everything except the sauce from the slow cooker and set aside on a plate. Whisk Tapioca Starch slowly into the sauce until it is completely blended.
5. Return everything to the slow cooker, cover, and cook for an additional 45 mins - 1 hour on high heat.
6. Divide contents of slow cooker evenly amongst 4 dishes and top with fresh Mango. Garnish with Coconut Flakes & Green Onion. Enjoy!

MAKES 4 SERVINGS !

