



Marjie C. Andrejciw, MT (ASCP), MS, NC  
Holistic Nutritional Counselor  
[www.circleoflifenutrition.net](http://www.circleoflifenutrition.net)  
(810) 869-8898

## *Curry Chicken Bowl with Millet-Beach Bash Pilaf*

### ***Ingredients:***

1 c. Enjoy Life Beach Bash  
2 Tbsp curry powder  
1 yellow onion, finely diced  
6 carrots, finely diced  
2 cloves garlic, minced  
4 small chicken breasts, diced  
3 cup steamed millet  
1 bunch green onions, thinly sliced  
2 handfuls baby spinach, lightly chopped  
½ cup minced cilantro  
1 lime

### ***Procedure:***

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 yellow onion and carrots and sauté 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 more minutes. Add another little glug of olive oil and the steamed millet and green onions; stir to combine and 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 sea salt, if needed.

*Recipe was developed for Enjoy Life by Kendra Peterson, chef/owner of Drizzle Kitchen*