

Curry Chicken Nachos - A fun and healthy crowd-pleasing dish that is bursting with flavor and texture!

Ingredients

Madras Curry Yogurt Chicken

- 1 lb boneless skinless chicken breast
- ¼ cup unsweetened greek yogurt (or DF)
- 1 tsp [madras curry](#) (or regular curry powder)
- ¼ tsp pink Himalayan sea salt
- ¼ tsp turmeric
- ¼ tsp cayenne
- Pinch of organic cane sugar

Red Curry Sauce

- 1 can unsweetened coconut milk
- 2 Tbsp red curry paste
- 2 Tbsp nutritional yeast
- 2 Tbsp curry powder
- 2 scoops collagen peptides (optional but helps to thicken the sauce)
- 2 tsp (heaping) organic white miso paste
- 1 Tbsp liquid aminos
- 1 Tbsp minced fresh ginger
- 1 tsp pure maple syrup
- Juice of ½ lime

Mango Pomegranate Salsa

- ½ mango (diced)
- ½ tomato (diced)
- ¼ red onion (diced)
- 2 Tbsp pomegranate seeds
- 2 Tbsp fresh cilantro (chopped)
- 1tsp - 1tbsp* fresh ginger (minced) *Depending on preference*
- ¼ tsp pink Himalayan sea salt

Toppings

Lime wedges, fresh cilantro, a dollop of Greek yogurt, [tortilla chips](#)

Directions

1. Start by cooking the chicken: Add seasonings to yogurt until combined and coat chicken with the yogurt sauce until completely covered. Either cook in Instant Pot (meat setting; 20 min with less pressure or preferred setting), grill, or bake until chicken is cooked through. *If cooking in Instant Pot, I love adding about ¼ cup chicken bone broth and using the rack so it can keep the chicken extra juicy!
 1. Allow the chicken to cool and then shred using two forks.
2. Curry Sauce: While your chicken is cooking, prepare the curry sauce by adding all ingredients to a blender or nutribullet and blend until the mixture is in a sauce form. *If you do not have a blender, you can sub fresh ginger for ginger powder so that the sauce is smooth and consistent in texture.
 1. At this point, taste sauce and see if it needs more umami (miso paste/liquid aminos), cheesy (nutritional yeast), bitter (lime juice), spice (curry paste/powder), or salt.
 2. Pour sauce into a small saucepan and heat on medium heat. Stir sauce until the sauce is about to boil and turn the heat off. Make sure you are constantly stirring so as to not burn the sauce.
 3. As the sauce cools down, it will thicken. Collagen helps to thicken the sauce so if you are adding more collagen, make sure the sauce is hot enough for the collagen to blend well so that you don't get clumps!
3. Salsa: While the sauce is cooling, prepare the salsa by adding all the ingredients into a small serving bowl.
 1. You can easily double this recipe so as not to waste produce!
 2. If you have leftover salsa - it's great to have over grilled chicken, fish, or eggs!
4. Prepare the rest of the toppings, and start building your nachos!
 1. Tortilla chips < shredded chicken < dollop of yogurt/sour cream < salsa < curry sauce < cilantro < lime juice < devour!

Notes

Products that were used in the curry sauce: [coconut milk](#), [curry paste](#), [collagen peptides](#), [nutritional yeast](#), [white miso paste](#), [curry powder](#), [maple syrup](#), [liquid aminos](#).