

RECIPE : Whole 30 Thai Coconut Curry

Slow cooker directions

Step 1: Thaw freezer bag in fridge 12-24 hours before cooking.

Step 2: Dump contents of the freezer bag into a slow cooker.

Step 3: Cook on low for 4-6 hours

Step 4: Stir in 1 cup of coconut milk, and serve over cauliflower rice.

Optional: Garnish with a lime wedge and cilantro.

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, plus 1/2 cup water

Step 2: Set to High Pressure for 20 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: Stir in 1 cup of coconut milk, and serve over cauliflower rice.

Optional: Garnish with a lime wedge and cilantro.

Expiration date: _____



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