

Carnivore Chicken Curry

Ingredients:

800g chicken thighs (boneless, skin-on or off)
2 tbsp beef tallow or ghee
1 tsp ground turmeric
1 tsp paprika
1 tsp ground coriander (optional if you're strict carnivore)
1 tsp garlic powder
1/2 tsp onion powder (optional)
1 cup chicken bone broth
1/2 cup cream (or coconut cream if tolerated)
Salt to taste

Method:

1. Heat tallow or ghee in a heavy pan.
2. Add chicken thighs and brown both sides for 4–5 minutes.
3. Sprinkle in turmeric, paprika, coriander, garlic powder, and onion powder.
4. Stir to coat the chicken.
Pour in bone broth and bring to a simmer.
5. Cover and cook on low heat for 25–30 minutes until the chicken is tender.
6. Add cream, stir through, and simmer uncovered for 5–10 minutes to thicken slightly.
7. Serve hot with a spoonful of ZeroKrumbs on top for crunch, or over a fried egg base.

Serving Ideas:

Spoon it over crumb buns or enjoy as-is for a satisfying meal that's pure protein perfection.

