

CHICKEN + VEGETABLE COCONUT CURRY

The ingredient list may look long, but don't worry; you can adjust the vegetables and protein based on your likes and what's in season. The sauce has such a great flavor, that it's really worth it; and, the best part is that it only takes 30 minutes to cook!

 30 minutes 1 hour 8 portions

INGREDIENTS

- 1 tablespoon coconut oil
- 1 small onion, sliced
- 1 medium carrot, peeled and diced
- 1 zucchini, sliced
- 1 large tomato, cut into 8 pieces
- 1 medium bell pepper, seeded and chopped
- 1 can baby corn, drained
- 1 can bamboo shoots, drained
- 1 pound boneless skinless chicken breast, thinly sliced
- 3 tablespoons red curry paste (you can use green or yellow if you would like!)
- 3 tablespoons ginger puree
- 3 cloves garlic, smashed and chopped
- 2 tablespoons fish sauce
- 2 tablespoons brown sugar
- Juice from two limes
- 1/4 cup fresh cilantro, leaves and stems, rinsed and roughly chopped
- 1/4 cup fresh basil, leaves, rinsed and roughly chopped
- 2 15-oz cans coconut milk (you can use "lite" to reduce the calories, but it won't be as creamy)
- 1 teaspoon salt (or to taste)
- 1 teaspoon freshly ground black pepper (or to taste)

COOKING METHOD

- 1° In a large, heavy bottomed pan (a Dutch oven works great for this!), cook the onion, carrot, zucchinis, tomatoes, bell peppers, bamboo shoots, and baby corn in the coconut oil over medium heat until softened, about 5 minutes.
- 2° Add the chicken, ginger, garlic, curry paste, fish sauce, brown sugar, and lime juice, and stir to combine.
- 3° Once the chicken and vegetables are coated with the spices, add the two cans of coconut milk. Simmer over medium heat for 20 minutes, or until bubbly, slightly thickened, and the chicken is cooked through.
- 4° Taste and add salt and pepper as needed. Finish with adding the fresh cilantro and basil, and serve with Perfect Jasmine Rice for a filling, delicious meal!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (310 g)	% DRI
ENERGY	121 kcal	375 kcal	19 %
FAT	9 g	28 g	44 %
FATTY ACIDS, TOTAL SATURATED	8 g	23 g	116 %
CHOLESTEROL	13 mg	41 mg	14 %
SODIUM	244 mg	756 mg	31 %
CARBOHYDRATE	6 g	18 g	6 %
SUGARS	2 g	7 g	—
FIBER	1 g	3 g	13 %
PROTEIN	6 g	18 g	—