



Thai Coconut Curry Chicken



SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Thai Coconut Curry Chicken with coconut milk and vegetables is a one-pot meal that is healthy, lusciously creamy, fragrant, delicious and incredibly easy to make. Customize it to your taste!

Ingredients

- 1 tablespoon coconut oil
- 4 garlic cloves, peeled and minced
- 1- inch piece ginger, peeled and minced
- 1 small onion, chopped finely or sliced
- 1 lemon, zested
- 1-2 tablespoons red curry paste (depending on how spicy you'd like 2-14 ounce cans full-fat coconut milk)
- 1 lime - zest
- 1 cup low-sodium chicken broth
- 3 tablespoons fish sauce
- 1 teaspoon soy sauce
- 2 tablespoons brown sugar
- 1 cup Home Garden Frozen Diced Carrots, thawed
- 2 cups Home Gardens Frozen Broccoli Florets, thawed
- 4 Murray's Boneless Skinless Chicken Breasts, cut into bite-sized pieces
- 1 small red bell pepper, cut into thin strips
- 1 small zucchini, cut into 1/4-inch rounds
- 4 sprigs basil (Thai or Italian), roughly chopped
- 1/4 cup cilantro, chopped plus more for garnish
- Lime wedges for garnishing

Directions

1. In a Dutch oven or large heavy bottom pan, heat the oil over medium-low heat.
2. Add the garlic, ginger, onions and lemon zest and sauté stirring frequently for about 2-3 minutes or until the onions start to soften and the rest of the ingredients become aromatic. Make sure the garlic doesn't burn.
3. Stir in the red curry paste and sauté for about 2 minutes then, stir in the coconut milk, lime zest, chicken broth, fish sauce, soy sauce and brown sugar. Mix to combine.
4. Bring the mixture to a quick boil, lower the heat and simmer for about 10 minutes or until the sauce thickens a bit.
5. Add the carrots and chicken and cook for about 5 - 6 minutes or until the chicken is just cooked through. Add the red bell pepper and zucchini and cook for about 4 minutes or until the vegetables soften. Add the broccoli florets, basil and cilantro. Mix well, cover the pot and simmer for about 2 minutes. The broccoli cooks pretty fast so keep an eye on it.
6. To serve, garnish with additional basil and cilantro and lime wedges over white or brown rice

