

Thai Green Curry with Chicken & Sweet Potatoes ~ Sarah Roberts

This recipe was inspired by a Donna Hay recipe a friend made for me years ago. It is hearty and tasty and makes lots of leftovers, especially if you double the recipe. I hope you enjoy!

INGREDIENTS

2 lbs sweet potatoes, diced (I usually don't peel them, but that's a preference)
1 Tbsp coconut oil
1 large cooking onion, sliced or chopped
1 lb mushrooms, sliced
A few big handfuls of spinach
2 Tbsp Thai green curry paste
4 boneless skinless chicken breasts whole or chopped into cubes
1 cup chicken stock or broth (or water)
1 can coconut milk
4 kaffir lime leaves, whole (you can find these at Asian grocery stores or some grocery stores)
1/3 cup cilantro, chopped (optional—I often don't use it)
2-4 cups cooked quinoa or brown rice (optional)

DIRECTIONS

Preheat the oven to 400 degrees.

Place the sweet potatoes on a parchment-lined baking sheet and roast until soft and golden, about 30 to 35 minutes. Gently toss them half way through roasting.

Heat a large skillet over medium heat. Add the coconut oil and the sliced/chopped onion and saute for about 5 minutes, until softened and slightly golden.

Add in the mushrooms and allow to soften and brown a bit.

Add in the curry paste and allow to cook for 2 minutes, stirring constantly.

Add the whole or cubed chicken and cook for 1 minute per side.

Add the chicken stock, coconut milk, and lime leaves.

Cover and simmer over medium-low heat until chicken is cooked through, about 20 minutes.

Throw in the spinach and allow to wilt.

To serve, place sweet potato dice in a shallow bowl and place chicken on top of the potatoes, then spoon on the curry sauce and sprinkle with cilantro (if using).

Optional: Serve on top of cooked quinoa or brown rice. This helps increase the fibre content and allows the recipe to go a bit further.

Enjoy!