

Thai Red Curry with Chicken

Sarah Roberts

Serves 6-8

Why I Make This: I am a big fan of Thai food, but it can get pricey to eat out and I like to control the ingredients. This is fast, easy, delicious, customizable and makes a ton of leftovers, depending on how many mouths you feed. Feel free to double the recipe!

Ingredients

4 organic chicken breasts, sliced into strips or cubes

2 large cooking onions, chopped

1 jar of organic red curry paste (check the sugar content. There are a few with no sugar, like Geo Organics, a brand I really like)

1 can of full fat, organic coconut milk

Vegetables: I like 1-2 sliced red peppers and 1 head of broccoli, torn into florets, but almost anything goes!

1-2 cups of chicken stock, depending on how "saucy" you want it. I like it fairly saucy, as we serve it over quinoa or rice, so I use 2 cups.

Directions

Make a batch of quinoa or brown rice, if desired.

In a large pot, heat some coconut oil over medium-high heat. Once hot, add the chicken and fry it, stirring occasionally, until cooked. Season with a pinch of salt and pepper. Remove chicken from the pot and set aside.

In the same pot, add more coconut oil and sauté the onions until nicely browned.

Add in the red peppers and allow to soften for a few minutes, stirring occasionally.

While the peppers are cooking, pour the coconut oil and red curry paste into a separate frying pan over high heat and whisk together until bubbling.

Add the chicken back to the pot, add in the curry sauce and stock, and bring to a boil.

Turn the heat down and allow everything to simmer a few minutes before adding in the broccoli. Serve piping hot alone or over quinoa/rice.

ENJOY!! This one has become a crowd pleaser and a staple in my kitchen. I hope you make it often, and it tastes even better the next day!