

## RED CURRY CHICKEN

**Nutrition Information:** Servings 2.0 | Amount Per Serving: 2

Calories 499, Total Fat 35 g, Saturated Fat 19 g, Monounsaturated Fat 3 g, Polyunsaturated Fat 5 g, Trans Fat 0 g, Total Carbohydrate 27 g, Dietary Fiber 2 g, Sugars 9 g, Protein 13 g

### **Ingredients:**

- 1 Can small coconut milk
- 6 Oz Chicken thigh or breast sliced into thin strips
- 1 Cup mushrooms or straw mushrooms
- 1 Cup bamboo shoots
- 1 Handful of basil leaves
- 2 Asian kaffir lime leaves
- 1 Tbsp vegetable oil
- 2 Tbsp of water
- 1 to 1 ½ Tbsp of red curry paste
- 2 Tbsp of fish sauce—
- ½ Tsp of kosher salt or reduced soy sauce
- 1 Tbsp sugar, or 2 TBSP brown sugar



### **Methods:**

1. Heat skillet to hot, add oil and bring to hot.
2. Add the curry paste and stir until aroma fill air.
3. Pour the coconut milk (cream) with water and stir until all the curry paste is dissolves and blend into the coconut milk.
4. Add the chicken, salt, fish sauce, sugar and stir until cook about 8-10 minutes.
5. When the chicken is fully cooked, add the mushroom and bamboo shoots. Cook for another 5 minutes and remove.
6. Top with basil + lime leaves.
7. Serve hot over steamed brown rice.

Note: I like to add extra mushroom, and a green pepper and ½ of a chopped eggplant 😊