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Thai Chicken Curry in Coconut Milk

★★★★☆

This recipe is one of the favorites in the family! If you don't have fish sauce available, try making it with soy sauce.

By NELL ROSS

Prep: 25 mins

Cook: 10 mins

Total: 35 mins

Servings: 4

Yield: 4 servings

Ingredients

1 tablespoon vegetable oil

1 teaspoon curry paste

1 ¼ pounds skinless, boneless chicken breast meat - cut into strips

1 onion, coarsely chopped

1 red bell pepper, cut into strips

1 tablespoon grated lemon zest

1 cup light coconut milk

1 tablespoon fish sauce

1 tablespoon fresh lemon juice

⅓ cup chopped fresh cilantro

Directions

Step 1

Heat the oil in a large skillet over high heat; heat the curry paste in the oil about 30 seconds. Add the chicken and cook another 3 minutes. Stir in the onion, bell pepper, lemon zest, coconut milk, fish sauce, and lemon juice; bring to a boil; cook until the chicken is cooked through, 5 to 7 minutes. Sprinkle cilantro over the dish; stir. Serve hot.

Nutrition Facts

Per Serving: 269 calories; protein 30.9g; carbohydrates 6.4g; fat 12.3g; cholesterol 80.9mg; sodium 378.6mg.