

## February 2014 Newsletter: Thai Red Curry Chicken & Vegetables

Fast, fresh, flavorful! This delicious Thai recipe can be made in less than 30 minutes, so it's perfect for busy weeknights. Serve with jasmine or basmati rice to soak up the amazing sauce. Check out the cooking tips for veggie and meat variations!

### Ingredients

- 1 tbsp coconut oil or peanut oil
- 1 medium yellow onion, chopped
- 2 tbsp Thai red curry paste (see cooking tip)
- 2 tsp grated gingerroot
- 2 tsp minced garlic
- 1 can (14 oz/398 mL) coconut milk (light or regular)
- 1 tbsp fish sauce (or soy sauce; see cooking tip)
- 1 tbsp coconut sugar or brown sugar
- 1 tbsp freshly squeezed lime juice
- 1/2 tsp grated lime zest
- 1-1/4 lbs (568 g) boneless, skinless chicken breasts (or thighs), cut into strips or cubes
- 2 baby eggplants, cut into cubes (or about 2 cups chopped eggplant)
- 1 small handful snow peas or sugar snap peas
- 1 medium red bell pepper, cut into strips
- 15 whole fresh basil leaves
- 3 tbsp chopped fresh cilantro

### Directions

If you're serving this recipe with jasmine or basmati rice, get that started first.

Heat oil in a large, non-stick wok or skillet over medium heat. Add onions. Cook and stir until onions are softened and turn slightly golden. Be careful not to burn them.

Stir in curry paste, gingerroot and garlic. Cook 30 more seconds. Add coconut milk, fish sauce, sugar, lime juice and zest. Increase heat to medium-high. Mix well and bring sauce to a simmer. Add chicken pieces. Simmer, uncovered, for 5 minutes. Add eggplant, snow peas and bell pepper. Mix well and continue to simmer, uncovered, for about 8 to 10 more minutes, until chicken is cooked through and vegetables are tender. Stir in basil leaves and cilantro. Remove from heat. Serve hot over jasmine or basmati rice.

### Makes 4 servings

Per serving (with light coconut milk; rice not included): 342 calories, 12.6 g total fat (8.8 g saturated fat), 36 g protein, 18 g carbohydrate, 4 g fiber, 82 mg cholesterol, 703 mg sodium

### Cooking Tips

Thai red curry paste and Asian fish sauce are essential ingredients in this recipe. Look for them in a small jar (paste) or bottle (fish sauce) in the ethnic or international food aisle of your grocery store. In a pinch, you can substitute soy sauce for the fish sauce but the flavor won't be quite the same. Zucchini is an excellent alternative to the eggplant. You can use uncooked shrimp instead of chicken, but you'll need to reduce its cooking time significantly. With Thai curry, just about any type of vegetable works! Broccoli, mini corn cobs, baby bok choy, green or yellow bell peppers...even squash or sweet potatoes. Have fun with it!