

thai-style chicken curry

Prep time: 20 minutes
Cook time: 25 minutes

classic Thai flavors blend together beautifully in this delicious curry; add more green curry paste for a spicy kick

For sauce:

- 1 Tbsp peanut oil or vegetable oil
- 1 Tbsp ginger, minced (or a 1-inch piece, crushed)
- ½ Tbsp garlic, minced (about 1 clove)
- ¼ C scallions (green onions), rinsed and chopped
- 1 Tbsp lemongrass, minced (or the zest from 1 lemon: Use a peeler to grate a thin layer of skin off a lemon)
- 1 Tbsp Thai green curry paste
- ½ C light coconut milk (or use a spoon to discard visible layer of fat off the top of an unshaken can of regular coconut milk; then, measure ½ C for recipe)
- 1 tsp honey
- 1 tsp lite soy sauce
- 1 tsp fish sauce
- 1 Tbsp cornstarch
- ½ C low-sodium chicken broth

For chicken and vegetables:

- 1 bag (12 oz) frozen vegetable stir-fry
- 12 oz boneless, skinless chicken breast, cut into thin strips

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
- 2 For sauce, heat oil in a small saucepan on medium heat. Add ginger, garlic, scallions, and lemongrass, and cook gently until tender, but not brown, about 2–3 minutes.
- 3 Add curry paste, and cook for an additional 2–3 minutes.
- 4 Add coconut milk, honey, soy sauce, and fish sauce, and bring to a boil over high heat.
- 5 In a bowl, mix cornstarch with chicken broth. Add mixture to the saucepan, and return to a boil while stirring constantly.

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thai-style chicken curry (continued)



- 6 Lower heat to a simmer, and add chicken strips. Simmer gently for 5–8 minutes.
- 7 Add thawed vegetables, and continue to cook gently with lid on until the vegetables are heated through, an additional 2–3 minutes.
- 8 Divide into four even portions, each about 3 ounces chicken breast and 1 cup vegetables, and serve.

Tip: Delicious served over rice or Asian-style noodles (soba or udon).



yield:

4 servings

serving size:

3 oz chicken, 1 C vegetables

each serving provides:

calories	207	total fiber	3 g
total fat	7 g	protein	23 g
saturated fat	3 g	carbohydrates	14 g
cholesterol	50 mg	potassium	406 mg
sodium	249 mg		