

Pineapple Thai Chicken Curry



Ingredients:

- 2 cups uncooked jasmine rice or rice noodles
- 4 cups water (for rice)
- 1 tbsp vegetable oil
- 1/4 cup red curry paste
- 2 (13.5 oz.) cans light coconut milk
- 2+ skinless, boneless chicken breast halves, cut into thin strips
- 3 tbsp fish sauce (optional)
- 1/4 cup white sugar
- 1/2 cup sliced bamboo shoots, drained
- 1 red bell pepper, chopped finely
- 1 green bell pepper, chopped finely
- 1 medium onion, chopped
- 1 cup pineapple chunks, drained

Making it:

1. Pot #1: Bring rice and water to a boil in a pot. Reduce heat to low, cover, simmer 25 min.
2. Pan: Heat oil, add chicken and sauté lightly until cooked through.
3. Pot #2: Whisk together curry paste and 1 can coconut milk. Mix in remaining coconut milk, chicken, fish sauce, sugar, and bamboo shoots. Bring to a boil. Simmer 15 min.
4. Mix the red bell pepper, green bell pepper, and onion. Cook 10 more min.
5. Remove from heat. Stir in pineapple. Serve over the cooked rice.

Tips and Hints:

- To boost fiber, antioxidants, and perhaps use up some vegetables in the fridge you can add extra vegetables.
- To decrease fat and calorie density, try using 1 can of coconut milk and substitute the other with skim milk. Be sure not to burn the milk by simmering on low heat.
- Easy to portion curry into Tupperware and freeze for a meal later.
- Add curry paste slowly and taste as you cook. For more mild palates add less.

NUTRITION FACTS

Servings: 6
Serving Size: 1 cup curry
sauce on 1 cup rice

Total Calories	530
Carbohydrate	78 g
Total Fat	16 g
Protein	22 g
Fiber	5 g

Prep Time: 20
Cook Time: 35
Servings: 6