

Thai Style Curry

Ingredients:

- 2-4 tbsp green curry paste
- 1 (13 oz) can light coconut milk
- 2 chicken breasts (5 oz. uncooked)
- 1 cup trimmed green beans
- 1 red bell peppers, sliced
- 3 green onions (scallions)
- 2 red chilies, sliced
- 1 tbsp peanut or vegetable oil
- Cilantro to taste
- Juice of half a lime

See notes for more ingredients



Making it:

Ideally you want to use a wok for curry, but a large skillet or pan will work.

1. **Preparing the sauce:** Heat a wok until very hot then add a tbsp of oil. When the oil is hot, add the green curry paste and stir for about 30 sec. Add coconut milk and stir until starts to simmer and paste is dissolved.
2. **Adding chicken and vegetables:** While the sauce simmering wash and chop the vegetables. Chop the chicken breasts into small strips. Add to the sauce and stir to combine the ingredients. Stir occasionally, while simmering until the meat and vegetables are cooked (~20-20 min). Add chilies.
3. **Finishing the curry:** Add chopped fresh cilantro 5 min. before the end of cooking time and stir into the curry. When finished cooking add the juice of half a lime and stir in. Serve with plenty of boiled or steamed rice. I use ordinary rice cooked with bay leaf, but it is common to use jasmine rice for this recipe.

Tips and Hints:

- Curry is a great way use up leftover or wilting vegetables. Almost anything can go into a curry. You are free to add almost any vegetable. Some that work well include: onions, carrots, potatoes, squash, zucchini, yams, green bell peppers, cabbage, broccoli, mushrooms.
- Lemongrass is traditionally added to Thai style curry. It is minced and added to the sauce. Lime juice can be substituted which it is in this recipe. Lemon grass can be found fresh or in the freezer at Asian grocery stores.
- The nutrition information is based on the recipe above and will vary slightly with the addition of other vegetables.

NUTRITION FACTS

Servings: 2 large
 Serving Size: ~1 cup
 sauce, + 1 cup rice cooked

Total Calories	573
Carbohydrate	75 g
Total Fat	23 g
Protein	32 g
Fiber	9 g

Prep Time: 20
 Cook Time: 20-30