Coconut chicken and vegetable curry with brown rice

Ingredients

2 lb boneless skinless chicken breast large dice

1 can coconut milk

Enough chicken stock for a total of 1 ¾ C liquid

3 carrots, small dice

1 yellow onion, small dice

1.5 T curry powder

2-3 bunches of broccoli, florets removed

1 can peas

1 C brown rice

2.5 C water for rice

eas

S+P TT

Procedure

1) Start cooking the rice as normal, and set aside when done

2) Saute chicken breast until done and well browned, set aside with salt and pepper

3) Deglaze the pan with the coconut milk, making sure to get all of the fond from the bottom of the pot. Move all of that into a saucepot, along with the rest of the ingredients minus the canned peas

3) Simmer vegetables for 8-12 minutes, or until al dente, adding canned peas at the end

4) Remove from heat, add chicken to pot and add to the rice when done, making sure to check seasoning