Thai Coconut Red Curry Chicken and Vegetables

Ingredients

2 lb boneless skinless chicken breasts cut into bite-sized pieces

2 T red curry paste

1 yellow onion, sliced thinly

1 tsp dried basil

3 minced garlic cloves

2 T lime juice

1 can coconut milk

1 C chicken stock

1 14 oz can diced tomatoes

1 C brown rice

3-4 bunches of broccoli, florets removed

3 carrots, small dice

2.5 C water for rice

Procedure

1) Start cooking rice and set aside when done

2) Cook the curry paste and onions in a saucepot over medium heat for 5-6 minutes.

3) Sprinkle chicken with salt and add to the pot, stirring well until starting to brown

4) Add the chicken stock, coconut milk, lime juice, dried basil, garlic and canned tomatoes to the pot, and bring to a simmer

5) With 10 minutes to go add in the diced carrots

6) With 5 minutes to go, add in the broccoli

7) When vegetables are cooked to al dente, remove from heat, mix with brown rice when that's done and portion out.