Thai Red Curry Chicken and Vegetables

Ingredients

As needed: Oil

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

5 minced garlic cloves

1 piece of ginger, peeled and minced

1 shallot, sliced

1-2 T red curry paste

2 cans coconut milk

Lime juice or kaffir lime leaves

1 C chicken stock

3 T fish sauce

1 tsp tamari

2 T brown sugar

3 carrots, peeled and small dice

2 red bell pepper, cut into strips

2 zucchini, large dice

1-2 C broccoli florets

4 sprigs of basil, chiffonaded

½ bunch cilantro, minced well

Procedure

1) Saute chicken breast until browned and set aside in bowl when done

2) Heat oil to medium in same saute pan and cook garlic, ginger and shallots for 5 minutes, stirring frequently until garlic begins to brown. Deglaze with coconut milk, and move everything to a saucepot

3) Add the red curry paste and stir well to dissolve

4) Add the lime juice/leaves, chicken stock, fish sauce, tamari and brown sugar. Mix well to combine and brown to a simmer, letting the sauce thicken for about 10 minutes

5) Add the carrots and chicken, and cook for 5-8 minutes.

6) Add the red bell peppers and zucchini and cook another 4 minutes, or until the zucchini softens

7) Add the broccoli florets, basil and cilantro. Only cook for 2-3 minutes, as the broccoli shouldn't take long.

8) Portion out and serve