



One Pot Chicken Coconut Curry

Preparation Time: 10 mins

Cooking Time: 30 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

4 boneless chicken breasts (approx. 1.5-2 lbs.)
cut into 1 1/2cm pieces
2 cans coconut milk, full fat
6 tablespoons coconut oil
1 yellow onion diced
1 large red capsicum/bell pepper, thinly sliced
4 tablespoons minced garlic
4 tablespoons minced ginger
2 tablespoons lime juice
4 teaspoons ground coriander
4 teaspoons yellow curry powder
6 tablespoons Thai red curry paste
4 tablespoons brown sugar
1/2 cup chopped fresh cilantro/coriander
Fresh ground pepper
Fresh sea salt
2 teaspoons fish sauce (optional)

Note:

I like to add cauliflower, broccoli, carrots or snap peas for more vegetables.

DIRECTIONS

1. In a large, deep pan, add 4 tablespoons of coconut oil. Once melted add the onion, sauté over medium-high heat for 5 mins, until softened and golden.
2. Add the ginger and garlic, stirring until coated in the coconut oil.
3. Reduce the heat to low, add the red curry paste, curry powder, and coriander. Stir for 2-3 minutes until well combined and lightly toasted. This brings out the full fragrance.
4. Add the remaining coconut oil and increase the heat to medium-high. Add the chicken, stir well to coat well in the fragrant mix. Cook, stirring often until the chicken looks lightly cooked each side but not cooked through. Approximately 5-6 minutes.
5. Add the red peppers/capsicum, brown sugar, coconut milk, and lime juice. Mix well.
6. Optional – add the fish sauce
7. Simmer for 15 minutes or until curry thickens.
8. Serve over basmati rice, sprinkled with fresh cilantro/coriander.