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Thai Chicken and Vegetable Coconut Curry

Ingredients:

Chicken breasts, sliced thin 24 oz.
Canola oil 2 tbsp
Onion, diced 1/2 cup
Fresh ginger, minced 1 tbsp
Garlic, minced 2 cloves
Red bell pepper, sliced 1
Yellow bell pepper, sliced 1
Carrots, peeled and sliced 2
Kale 1 cup
Lite coconut milk 1 can (14 ounces)
Water 1/2 cup
Thai red curry paste 2 tbsp
Reduced sodium soy sauce 1 tbsp
Fresh lime juice 2 tsp
Curry powder 1-1/2 tsp
Truvia brown sugar blend 1 tsp
Reduced-sodium fish sauce (optional) 1 tsp

Directions:

1. Slice chicken breasts into 1/4-inch strips (very thin).
2. Heat oil in a large saucepan over medium-high heat and add chicken. Cook until meat is white or lightly browned and just barely cooked through.
3. Set chicken aside on a plate.
4. In the same skillet, add diced onion, ginger, and garlic. Cook and stir until fragrant and onion is translucent.
5. Add carrots and bell peppers, cooking about 3 minutes until tender.
6. Add back chicken, plus kale, coconut milk, and remaining ingredients.
7. Simmer over medium heat for 5-10 minutes to allow flavors to blend. Adjust seasoning to taste.
8. For meal prep, weigh out the entire batch and divide by six to find the exact weight per serving. Serve over cooked basmati rice or riced cauliflower and enjoy!

Nutrition Facts:

Serving size: 1 serving

Recipe yields: 6 servings

Calories: 316

Fat: 13 g

Carbs: 10 g

Protein: 36 g