

# THAI RED COCONUT CURRY CHICKEN

## INGREDIENTS:

- 1 tablespoon vegetable oil
- 3 tablespoons red curry paste
- 3 garlic cloves
- 1 1/2 tablespoons ginger, minced
- 1 1/2 shallots, diced
- 1 1/2 pounds chicken, diced
- 1 1/2 cups coconut milk
- 1 1/2 tablespoons brown sugar
- 1 1/2 tablespoons lime juice
- 1 tablespoon fish sauce

## DIRECTIONS

1. Heat vegetable oil over medium-high heat. Add curry paste, garlic, ginger, and shallot to pan. Cook for 2 – 3 minutes, until very fragrant.
2. Add chicken and cook for 3 – 4 minutes until browned. Add coconut milk and cook for 5 minutes until chicken is cooked through.
3. Add brown sugar, lime juice, and fish sauce; stir and taste. Finish with additional sugar, lime juice, or fish sauce if needed.

## Nutrition Facts

Serving Size 1 cup (289g)  
Servings Per Container 3

Amount Per Serving

**Calories 230**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol 50mg**      **17%**

**Sodium 520mg**      **22%**

**Total Carbohydrate 26g**      **9%**

Dietary Fiber 3g      **12%**

Sugars 13g

**Protein 21g**

Vitamin A 20%      • Vitamin C 170%

Calcium 4%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

