



cara price

CHICKEN CURRY

INGREDIENTS

for the chicken:

- 3 pounds chicken thighs, cubed
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1/2 teaspoon pepper

for the veggies:

- 2 red bell peppers, seeded & sliced
- 1 large head broccoli, cut into florets
OR 1-16 ounce bag frozen broccoli
- 1 tablespoon olive oil

for the sauce:

- 1 can coconut milk
- 1 jalapeno
- 2 cloves garlic
- 2" piece of ginger, peeled
- 2 pieces of lemongrass, peeled
- 1/2 cup vegetable or chicken broth
- 2 tablespoons coconut aminos
- 1 tablespoon lime juice
- 2 teaspoons curry powder
- 1 teaspoon turmeric powder
- 1 teaspoon salt

DIRECTIONS

toss the chicken in 1 teaspoon curry powder, 1 teaspoon salt & 1/2 teaspoon pepper.

make the sauce before you start cooking the chicken. to do this simply add all the sauce ingredients to a high speed blender & blend on high 40-60 seconds until it is completely creamy.

heat a large skillet with the olive oil & sesame oil over medium-high heat. add the chicken to the pan & stir to cook for 6-8 minutes. when the chicken is almost completely cooked, transfer it to a large bowl & keep warm.

add the remaining tablespoon of oil to the pan & saute the broccoli & red bell peppers several minutes until they are tender crisp.

add the chicken back into the pan. pour the sauce over the chicken & veggies & cover,

cooking on low an additional 10 minutes.

serve with cauli-rice.