

Vietnamese Chicken Curry

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/lemon-grass-vietnamese-bbq-chicken-recipe>

Ingredients:

- 2 pounds chicken thighs and/or drumsticks
- 2 tablespoons vegetable oil
- 2 bags curry powder Vietnamese, *, about 20 g total or 4 tablespoons home-made Vietnamese curry
- 3 cloves garlic minced
- 1 potato and/or sweet potato, peeled and cut into large chunks
- 1 taro peeled and cut into large chunks
- 2 large carrots peeled and cut into large chunks
- 1 onion large, cut into wedges
- 2 stalks lemon grass smashed, no need to cut up so that it can be removed later
- 1 inch ginger piece
- 2 bay leaves
- 6 ounces tomato paste or tomato sauce
- 1 quart water or 1 liter
- 1 tablespoon sugar
- 4 tablespoons Thai fish sauce or Vietnamese
- 1 can coconut milk 13.5 oz
- salt
- pepper
- 1 lemon cut into wedges
- fresh herbs optional
- scallions optional
- asian basil optional

Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 86 grams
3. Cholesterol: 190 milligrams
4. Fat: 65 grams

5. Fiber: 15 grams
 6. Protein: 49 grams
 7. SaturatedFat: 30 grams
 8. Sodium: 2170 milligrams
 9. Sugar: 16 grams
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