

Thai Panang Curry

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-thai-chicken-panang-curry-recipe>

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 14 ounces coconut cream
- 3 tablespoons panang curry paste
- 1 pound chicken breasts cut into bite-sized pieces
- 1 cup string beans
- 1 cup carrots
- 1 cup baby corn
- red chilies Diced, or hot sauce to taste
- 1 teaspoon fish sauce
- 3 teaspoons sugar
- 2 kaffir lime leaves broken in half, can substitute 1 Tbsp. grated lime zest if necessary but won't be as flavorful
- 2 tablespoons thai basil leaves sweet, chopped, can substitute Italian sweet basil
- 1 1/2 cups white rice uncooked

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 60 milligrams
4. Fat: 34 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 26 grams
8. Sodium: 330 milligrams
9. Sugar: 5 grams

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