

Thai Red Curry Chicken

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/thai-red-curry-recipe-indian>

Ingredients:

- 1 1/2 tablespoons olive oil or coconut oil
- 1/2 large onions chopped
- 1 pound chicken breasts sliced into 1/4" slices then 2" pieces**
- 2 tablespoons red curry paste
- 1 red bell pepper thinly sliced then chopped into 2" pieces
- 1 orange bell pepper thinly sliced then chopped into 2" pieces
- 1 zucchini small, sliced
- 2 teaspoons ginger freshly grated
- 4 garlic cloves minced
- 13 1/2 ounces coconut milk quality, I like Chaokoh
- 1 tablespoon cornstarch
- 1 tablespoon sweet chili sauce Asian, like Mae Ploy
- 2 tablespoons less sodium soy sauce
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- 1 bay leaf
- 1 teaspoon dried basil
- 1/2 teaspoon salt more or less to taste
- 1/4 teaspoon pepper
- sriracha sauce to taste, asian chili sauce, optional
- lime zest to taste
- fresh basil
- fresh cilantro
- fresh lime juice

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 20 grams

3. Cholesterol: 60 milligrams
 4. Fat: 25 grams
 5. Fiber: 4 grams
 6. Protein: 23 grams
 7. SaturatedFat: 18 grams
 8. Sodium: 1230 milligrams
 9. Sugar: 10 grams
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