

# ***FFF Thai Red Curry***

*Recipe By: Fiscallyfitfoodie.com -- James B.*

*Serves 4-6 – Prep Time: 10 min, Cook Time: 15 min*



## **Ingredients**

- 1.5 lbs boneless/skinless chicken thighs, fat trimmed and cut into ½ inch chunks
- 1 can unsweetened coconut milk (14.5 oz)
- 1 tbsp coconut oil (or vegetable oil/safflower oil/grapeseed oil)
- 1.25 cups skim milk
- 3-4 kaffir lime leaves, torn
- Vegetables: ½ c green beans (blanched and cut into 1 in pieces), 1 large zucchini cut into half moons, 1 large tomato (on the vine/slicer) cut into ½ inch chunks, 4 medium-sized new/red potatoes cut into ½ inch chunks and parboiled (boiled for 5-6 minutes prior), 1 red jalapeno (seeds removed) cut into 1 inch long julienned strips (or green is fine if you can't find red)
- 1/3 c fresh pineapple cut into ½ inch pieces
- 2/3 c Thai basil, roughly chopped
- Seasonings: 1 tsp sugar, 1 tbsp fish sauce, and salt to taste. Coconut milk drizzle garnish

## **Directions**

1. Heat wok on medium heat. Add ½ can of coconut milk, coconut or other oil, and red curry paste.
2. Mix in red curry paste thoroughly and add chicken. Cook for 7-8 minutes, stirring frequently.
3. If mixture ever looks a little dry, have ¼ cup skim milk reserved and pour in a small amount.
4. Add remaining coconut milk (reserve 2-3 tbsp for topping) and 1 c skim milk. Med/High heat.
5. Add Thai basil, fish sauce, sugar, kaffir lime leaves, and all vegetables. Cook for 6-7 minutes.
6. Zucchini should be tender (that's your measuring stick for doneness). Add salt if needed.
7. Serve with rice and enjoy!

Nutrition (per serving...6 servings total for recipe): 232 calories, 14g carbs, 8g fat, and 26g protein (calculated with [www.myfitnesspal.com/recipe/calculator](http://www.myfitnesspal.com/recipe/calculator)).