

Thai Chicken Red Curry

Serves 4

2 teaspoons coconut oil

1 pound skinless, boneless chicken breast halves - cut into thin strips

1 tablespoon Thai red curry paste

1 cup sliced halved zucchini

1 red bell pepper, seeded and sliced into strips

1/2 cup sliced carrots

1 onion, quartered then halved

1 tablespoon potato starch or arrowroot powder

1 (14 ounce) can coconut milk

2 tablespoons chopped fresh cilantro

Heat the oil in a large skillet over medium-high heat. Add the chicken pieces; cook and stir for about 3 minutes. Mix in the curry paste, zucchini, bell pepper, carrot and onion. Cook and stir for a few minutes. Dissolve the potato starch/arrowroot in the coconut milk, then pour into the skillet. Bring to a boil, then simmer over medium heat for 1 minutes. Right before serving, stir in the cilantro.