

THAI PANANG CHICKEN CURRY

A rich, fragrant Thai curry with panang curry paste, coconut milk, and fresh basil



INSTRUCTIONS

1. Prep the ingredients

- 1 1/2 lbs boneless, skinless chicken thighs, chopped
- 1 small onion, chopped
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 2 cloves garlic, minced
- 1 Tbsp fresh ginger, minced or grated
- 12 kaffir lime leaves, crushed (optional)

Cut the chicken into bite-size pieces. Chop the onion and peppers into rough 1-inch pieces, and mince the garlic and ginger. If using kaffir lime leaves, crush them to help release their oils.

2. Sauté the vegetables

- 1 Tbsp beef tallow

Heat a 14-inch skillet or wok over medium-high heat. Add the beef tallow, then the onion, and sauté 1 minute. Add the peppers, garlic, and ginger, and sauté 2 to 3 minutes more.

3. Bloom the curry paste

- 1 to 2 Tbsp Mae Ploy panang curry paste (start with 1 Tbsp if you've never made this before)
- 1 Tbsp peanut butter

Push the vegetables to the sides of the skillet. Add the curry paste and peanut butter to the center of the pan and sauté 2 to 3 minutes to intensify the flavor.

4. Simmer the sauce

- 13.5 oz canned unsweetened coconut milk
- 1 Tbsp fish sauce
- 2 Tbsp monk fruit/allulose sweetener
- 1/2 tsp salt
- Kaffir lime leaves, if using (from step 1)

Add the coconut milk, fish sauce, sweetener, salt, and kaffir lime leaves to the pan. Stir to blend.

5. Cook the chicken

- Chopped chicken (from step 1)

Stir in the chicken and bring to a boil. Lower the heat and simmer 10 to 15 minutes, until the chicken is cooked through and the sauce thickens, stirring occasionally.

6. Finish with basil and lime

- 1/2 cup fresh Thai basil, chopped (any basil works)
- Juice of 1 lime (about 1 Tbsp)

Remove from heat and stir in the basil and lime juice. Serve warm over cauliflower rice.

NUTRITION (per serving, makes 6 servings)

- Calories: 325
- Total Fat: 22g
- Saturated Fat: 15g
- Cholesterol: 107mg
- Sodium: 480mg
- Total Carbs: 7g
- Fiber: 2g
- Net Carbs: 5g
- Protein: 24g

STORAGE

Keeps well in an airtight container in the fridge for 5 to 7 days, making it a great meal-prep dish.



Recipe created by Mind-Body Functional Health.
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