

Chicken and Coconut Milk Curry

Serve up with blanched pak choi and freshly cooked noodles or fragrant rice.

INGREDIENTS:

- 4 Grass Fed Chicken Breasts
- 2 organic red peppers, de-seeded
- 1 large red onion, peeled and quartered
 - 2 garlic cloves, peeled
 - 1in piece fresh root ginger, peeled
 - 2 tsp Thai red curry paste
 - 2 tbsp Red Palm oil
 - 1 ½ cups of coconut milk
 - 2 tsp Thai fish sauce
- 1 lemongrass stalk, broken in two
- 4oz fine green beans, trimmed and sliced into short lengths

Please follow:

Cut one of the peppers into quarters and place in a food processor. Add the onion, garlic, ginger and curry paste. Blend until as smooth as possible. Preheat oven to 350 F. degrees.

Heat the oil in a large flameproof casserole. Add the onion paste and cook over a medium heat for three minutes, stirring continuously. Add the chicken breasts and turn in the paste.

Pour over the coconut milk and Thai fish sauce. Add the lemongrass stalk. Bring to the boil, remove from the heat, cover and cook in the oven for one hour, turning the breasts in the sauce twice.

Slice the remaining pepper. Remove casserole from the oven and cook for a further 30-40 minutes until the chicken is tender and the sauce is thick.



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