

One Pot Thai Inspired Chicken and Rice

Prep: 50 minutes

Servings: 6

Ingredients

- 2 lbs Chicken Thighs (skinless chicken thighs)
- 1 White Onion (diced)
- 2 Bell Peppers (large diced)
- 2 cloves Garlic (minced)
- 3 Roma Tomatoes (large diced)
- 1 can Coconut Milk
- 1/2 cup Chicken Bone Broth
- 1 Lime Juice
- 1 tbsp Fresh Ginger (grated)
- 1 tbsp Yellow Curry Powder
- 1 tbsp Thai Red Curry Paste
- 1 tbsp Coconut Sugar
- 1 1/2 cups Jasmine Rice
- 1 bunch Cilantro (finely chopped)

Directions

1. Heat a large pot over medium high and add a drizzle the avocado oil
2. Season the chicken thighs generously with salt, sear them for a few minutes on each side.
3. In a bowl mix, coconut milk, broth, lime juice, curry powder, red curry paste, and coconut sugar, whisk to combine
4. Remove the chicken from the pot, add another drizzle of oil, and sauté the onions and peppers for 3-5 minutes, scraping up any remaining chicken bits, and season with salt and pepper. Add the garlic and tomatoes, cook them for a couple more minutes.
5. Add the coconut milk and curry mixture to the pot and bring to a simmer. Add the rice, incorporate slowly.
6. Add the chicken thighs into the pot, reduce heat to medium, cover and cook for 25 minutes or until cooked thoroughly.
7. Serve with lime juice and the fresh chopped cilantro.



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Nutritional Information

Amount per serving

Calories	359		18%
Fat	6g		9%
Carbs	42g		14%
Fiber	1g		4%
Sugar	2g		0%
Protein	33g		66%
Cholesterol	142mg		47%
Sodium	213mg		9%
Vitamin A	537IU		11%
Vitamin C	2mg		2%
Calcium	15mg		1%
Iron	1mg		7%



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