

Red Thai Coconut Curry Chicken

6 SERVINGS 20 MINUTES



INGREDIENTS

2 lbs Chicken Thighs (skinless, boneless)
3/4 tsp Tomato Paste (divided)
1/2 cup Red Onion (finely diced)
1 tbsp Curry Powder
1 1/4 cups Canned Coconut Milk (full fat)
1 tbsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	301	Iron	1mg
Fat	17g	Vitamin D	2IU
Carbs	3g	Folate	9µg
Fiber	1g	Magnesium	39mg
Protein	31g	Zinc	2mg
Vitamin C	1mg		

DIRECTIONS

- 01 Preheat your oven to 400°F (204°C).
- 02 Rub the chicken thighs with half of the tomato paste and curry powder.
- 03 Heat the coconut oil in a cast iron or oven safe skillet on the stovetop over medium heat. Saute the red onions in the remaining tomato paste and curry powder for about 3 to 5 minutes.
- 04 Add the chicken thighs to the skillet and sear for 3 minutes per side. Add the coconut milk and bring it to a simmer.
- 05 Once the coconut milk is simmering, transfer the skillet to the oven and bake for 15 minutes.
- 06 Remove from the oven, divide the chicken onto plates and enjoy!

NOTES

RECIPE ID 604