



Keto Thai Chicken Curry

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

461 calories, 6.76 g carbohydrate, 0.37 g fiber, 6.39 g NET carbs, 12.61 g protein, 44.94 g fat

Ingredients

- 1 Tbsp Thai Kitchen Red Curry Paste
- 2 cup(s) coconut milk
- 1 medium scallion, sliced
- 1 inch(es) ginger, grated
- 1/2 medium(s) organic red bell pepper, cut into strips
- 2 Tbsp(s) chopped cilantro
- 4 Tbsp(s) virgin coconut oil
- 2 cup(s) organic chicken broth
- 1/4 whole - 2lb.(s) pastured chicken, cooked

Preparation

1. Add the coconut oil to a medium pot over medium heat.
2. Add the red bell pepper and the white parts of the green onion and cook, stirring, 1 minute.
3. Pour in the coconut milk, chicken broth and grated ginger. Simmer 3 minutes until bell peppers are crisp-tender.
4. Add the pre-cooked chicken and simmer to heat through.
5. Ladle into bowls, top with cilantro and remaining green onion.
6. Serve with cauliflower rice or glucomannan rice.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.