



## Skillet Chicken with Snap Peas, Mushrooms, and Coconut Curry

 Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



6534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bean sprouts
- 13 coconut milk canned
- 0.5 cup cilantro leaves
- 1 tablespoon fish sauce
- 1 tablespoon garlic clove minced
- 1 jalapeno thinly sliced
- 2 servings pepper black freshly ground

- 1 tablespoon juice of lime fresh
- 2 servings lime wedges for serving
- 1 cup chicken stock low sodium homemade store-bought
- 1 pound oyster mushrooms
- 1.5 tablespoons curry paste green red
- 2 spring onion light white green thinly sliced
- 1 pound chicken breast boneless skinless
- 3 cups sugar snap peas
- 0.3 teaspoon sugar
- 1.5 tablespoons vegetable oil
- 0.5 cup watercress

## Equipment

- bowl
- frying pan

## Directions

- Heat the oil in a 12-inch skillet over medium-high heat until just smoking.
- Add the mushrooms, season with salt and pepper, and cook until browned, about 2 to 3 minutes. Lower heat to medium and add garlic. Cook, stirring, until fragrant, about 30 seconds.
- Add curry paste and cook, stirring, until fragrant, another 30 seconds.
- Add the stock and coconut milk and bring the mixture to a simmer.
- Add the chicken breasts and adjust the heat to maintain a simmer. Cook until the chicken has cooked through, 16 to 20 minutes, turning over halfway.
- Remove chicken from the pan and place on a small plate until cool enough to handle.
- Meanwhile, reduce heat under skillet to low and add the snap peas. When chicken is cool enough to handle, shred into bite-sized chunks with fingers.
- Add the chicken back to the pan. Continue cooking until snap peas are just cooked through but still crunchy, about 2 minutes. Stir in half of fish sauce

Toss beansprouts, watercress, cilantro, scallions, jalapeño, lime juice, sugar, and remaining fish sauce in a medium bowl.

Transfer curry to serving bowls, top with salad, and serve immediately, passing more lime wedges tableside.

## Nutrition Facts

**PROTEIN 7.17%** **FAT 82.53%** **CARBS 10.3%**

### Properties

Glycemic Index:146.05, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:81.519565333491%

### Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

### Nutrients (% of daily need)

Calories: 6533.9kcal (326.7%), Fat: 637.83g (981.28%), Saturated Fat: 552.24g (3451.52%), Carbohydrates: 179g (59.67%), Net Carbohydrates: 110.58g (40.21%), Sugar: 99.97g (111.08%), Cholesterol: 145.15mg (48.38%), Sodium: 1453.34mg (63.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 124.74g (249.49%), Manganese: 24.73mg (1236.43%), Copper: 7.84mg (392.07%), Phosphorus: 3511.24mg (351.12%), Selenium: 242.63µg (346.62%), Vitamin B3: 58.01mg (290.03%), Iron: 51.01mg (283.4%), Magnesium: 1133.03mg (283.26%), Fiber: 68.42g (273.68%), Potassium: 9255.11mg (264.43%), Vitamin C: 190.66mg (231.1%), Vitamin B6: 3.24mg (162.07%), Folate: 623.09µg (155.77%), Zinc: 21.37mg (142.46%), Vitamin K: 135.79µg (129.32%), Vitamin B5: 12.35mg (123.52%), Vitamin B1: 1.4mg (93.33%), Vitamin A: 4300.08IU (86%), Vitamin B2: 1.28mg (75.18%), Calcium: 559.88mg (55.99%), Vitamin E: 6.32mg (42.1%), Vitamin D: 1.81µg (12.1%), Vitamin B12: 0.61µg (10.25%)