



Spicy Red Curry Chicken and Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon asian fish sauce
- 6 servings peanuts and cilantro leaves toasted for garnish
- 1 tablespoon ginger fresh very finely chopped
- 2 large garlic cloves very finely chopped
- 6 servings rice and lime wedges steamed for serving
- 6 servings salt and pepper black freshly ground
- 0.5 pound mushroom caps stemmed quartered
- 1.5 pounds chicken thighs boneless skinless cut into 1/2-inch strips, or , breasts, cut into 1 1/2-inch chunks

- 2 teaspoons thai curry paste red
- 0.7 cup coconut milk unsweetened
- 3 tablespoons vegetable oil divided
- 0.5 cup water

Equipment

- bowl
- frying pan
- whisk

Directions

- In a small bowl, whisk the coconut milk with the curry paste and fish sauce until combined.
- Heat a large skillet until very hot.
- Add 2 tablespoons of the vegetable oil and heat until just smoking. Season the chicken with salt and pepper and add it to the skillet in a single layer. Cook over high heat, turning once, until the chicken is browned but not cooked through, 4 to 5 minutes.
- Transfer the chicken to a plate and pour off the fat in the skillet.
- Add the remaining 1 tablespoon of vegetable oil to the skillet.
- Add the shiitake caps and stir-fry over high heat until lightly browned, about 5 minutes. Stir in the ginger and garlic, stir-fry for 1 minute.
- Add the chicken, red curry mixture and the water and bring to a boil. Reduce heat and simmer for 2 to 3 minutes or until the chicken is cooked through.
- Transfer the chicken and curry sauce to a serving bowl and garnish with peanuts and cilantro.
- Serve immediately with rice and lime wedges.

Nutrition Facts

 **PROTEIN 33.98%**  **FAT 58.8%**  **CARBS 7.22%**

Properties

Glycemic Index:28.83, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:14.083478352298%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg,
Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 275.2kcal (13.76%), Fat: 18.13g (27.9%), Saturated Fat: 7.89g (49.3%), Carbohydrates: 5.01g (1.67%), Net
Carbohydrates: 3.32g (1.21%), Sugar: 2.07g (2.3%), Cholesterol: 107.73mg (35.91%), Sodium: 345.25mg (15.01%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Selenium: 29.87µg (42.67%), Vitamin B3:
8.09mg (40.45%), Vitamin B6: 0.65mg (32.56%), Phosphorus: 283.58mg (28.36%), Vitamin B5: 1.99mg (19.93%),
Manganese: 0.39mg (19.45%), Vitamin B2: 0.29mg (16.85%), Vitamin K: 16.32µg (15.54%), Zinc: 2.32mg (15.45%),
Potassium: 483.23mg (13.81%), Magnesium: 49.96mg (12.49%), Vitamin B12: 0.74µg (12.34%), Copper: 0.2mg
(10.03%), Iron: 1.61mg (8.94%), Vitamin B1: 0.12mg (7.85%), Fiber: 1.69g (6.78%), Vitamin A: 297.96IU (5.96%),
Vitamin E: 0.81mg (5.4%), Folate: 15.56µg (3.89%), Calcium: 22.28mg (2.23%), Vitamin C: 1.59mg (1.93%), Vitamin D:
0.15µg (1.01%)