



Thai-Curried Game Hens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cherry tomatoes
- ☐ 2.5 pound cornish game hens frozen thawed halved lengthwise
- ☐ 2 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 4 servings basil fresh
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 3 kaffir lime leaves grated
- ☐ 1 cup chicken broth
- ☐ 3 tablespoons grapeseed oil divided

- ☐ 4 servings to 5 chilies fresh red (optional garnish)
- ☐ 11.9 ounce straw mushrooms drained canned
- ☐ 2 teaspoons curry paste red ()
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup coconut milk unsweetened canned

Equipment

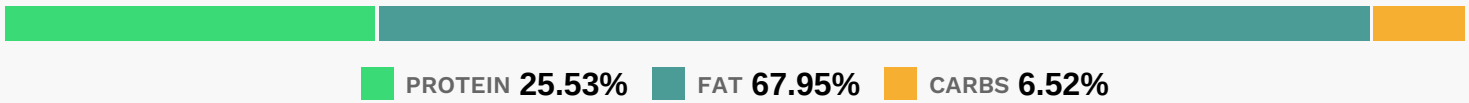
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat 1 tablespoon oil in heavy medium saucepan over medium heat.
- ☐ Add curry paste and tomato paste and stir until fragrant, about 3 minutes.
- ☐ Add coconut milk, broth, mushrooms, kaffir lime leaves, fish sauce, and brown sugar; bring to simmer.
- ☐ Remove from heat.
- ☐ Add cherry tomatoes. Season sauce to taste with salt and pepper.
- ☐ Preheat oven to 350°F.
- ☐ Heat 2 tablespoons oil in large nonstick skillet over high heat.
- ☐ Sprinkle hens with salt and pepper.
- ☐ Add hens to skillet and cook until browned, about 4 minutes per side.
- ☐ Transfer hens to 13x9x2-inch glass or ceramic baking dish.
- ☐ Pour sauce over.
- ☐ Bake uncovered until hens are cooked through, about 35 minutes.
- ☐ Transfer hens to shallow serving bowl; tent with foil. Skim fat from sauce.

- ☐ Pour sauce into large skillet; boil 5 minutes.
- ☐ Pour sauce over hens.
- ☐ Garnish with basil and chiles, if desired.
- ☐ *Sold in the Asian foods section of many supermarkets and at Asian markets.
- ☐ **Use any type of small fresh or dried chiles you find in the produce section or spice section of the supermarket.
- ☐ Curry pastes vary in strength and spiciness from brand to brand, so start by using one teaspoon if you prefer a milder sauce.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:29.343477891839%

Flavonoids

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 864.25kcal (43.21%), Fat: 65.74g (101.14%), Saturated Fat: 24.97g (156.05%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 10.15g (3.69%), Sugar: 7.15g (7.95%), Cholesterol: 286.33mg (95.44%), Sodium: 1266.27mg (55.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.57g (111.15%), Vitamin B3: 18.15mg (90.77%), Selenium: 51.24µg (73.2%), Phosphorus: 542.67mg (54.27%), Vitamin B6: 0.99mg (49.66%), Manganese: 0.78mg (39.05%), Vitamin B2: 0.59mg (34.45%), Potassium: 1107.53mg (31.64%), Vitamin C: 24.77mg (30.03%), Zinc: 4.41mg (29.39%), Vitamin E: 4.31mg (28.72%), Iron: 5.14mg (28.56%), Magnesium: 103.3mg (25.82%), Copper: 0.5mg (25.05%), Vitamin B5: 2.26mg (22.61%), Vitamin A: 1087.4IU (21.75%), Vitamin B12: 1.04µg (17.3%), Vitamin B1: 0.25mg (16.94%), Vitamin K: 17.73µg (16.89%), Fiber: 4.05g (16.18%), Folate: 62.23µg (15.56%), Calcium: 70.62mg (7.06%)