THAI GREEN CHICKEN CURRY

Nutrition Information per serving:
Calories: 309, Total Fat: 10g, Saturated Fat: 3g, Cholesterol: 147mg, Sodium: 1358mg, Carbohydrate 18g, Fiber: 4g, Total Sugar: 14g, Protein: 36g

Ingredients:
1 ¾ cup light coconut milk, divided
3 tablespoon green curry paste
1 cup chicken stock
1 lb chicken breast, boneless, skinless, cut into 1-inch pieces
2 tablespoon palm sugar, finely chopped
1 1/2-2 tablespoon fish sauce
3-4 kaffir lime leaves, roughly torn
1 1/2 cup bamboo shoots, cooked, sliced into bite-sized pieces
1 cup Thai basil
¼ red bell pepper, julienned

Directions:
1. Reduce ¾ cup coconut milk until thick and the coconut oil starts to separate from the coconut milk (if the oil doesn't separate after it has reduced until very thick, just proceed with the recipe).
2. Add curry paste and sauté, stirring constantly over medium heat for about 2 minutes until the paste is aromatic and has thickened.
3. Add chicken and stir to mix with the paste.
4. Add kaffir lime leaves, chicken stock, the remaining 1 cup of coconut milk, palm sugar and 1 tablespoon fish sauce.
5. Simmer gently for 10-15 minutes or until the chicken is fork tender.
6. Once the curry is done simmering, add bamboo shoots and bring to a boil.
7. Remove from heat and stir in Thai basil and bell pepper. Serve hot over rice.

Source: