

# THAI CHICKEN CURRY WITH BROCCOLI AND CAULIFLOWER



*By Food lovers recipes*

## THAI CHICKEN CURRY WITH BROCCOLI AND CAULIFLOWER

2 tablespoons Olive Oil or Coconut Oil

3 tablespoons red Thai curry paste

1 yellow onion, sliced with the grain

2 chicken breasts, cut into cubes

salt and freshly ground black pepper

1 cup broccoli florets

1 cup cauliflower florets

1 teaspoon dried Basil

3 cloves garlic, minced

Zest of  $\frac{1}{2}$  lime

$1\frac{1}{4}$  cups coconut milk

$\frac{1}{4}$  cup chicken stock

One 14-ounce can organic diced tomatoes

1 Lime wedges, for squeezing

In a large sauté pan add 1 tablespoon of the olive oil or coconut oil, the curry paste and onions over medium heat, stirring often and letting sizzle, 5 to 6 minutes.

Pat the chicken dry, sprinkle with salt and pepper and add the remaining oil to the pan.

Cook the chicken in the onion-curry mixture until golden on all sides.

Add the broccoli, cauliflower, basil, garlic and lime zest and cook, stirring, until the vegetables are coated, about 4 minutes. Add the coconut milk, chicken stock and tomatoes and bring to a simmer.

Let the chicken simmer until cooked through and the sauce begins to thicken, about 20 minutes.

Squeeze with lime juice and rice or noodles before serving.

Foto and recipe: Angela Landsberg