

CHICKEN CURRY RECIPE

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

Makes 4 servings

PER SERVING (excluding shredded coconut):

382 Calories

8.8g Carb

1.4g Fiber

7.4g Net Carbs

15.83g Fat

49.3g Protein

(37% Fat, 8.5% Carbs, 54.4% Protein)

INGREDIENTS

1 tbsp coconut oil

3-1/2 tbsp red curry paste

1-1/2 lb boneless skinless chicken thighs, cut in thin strips (I use pork tenderloin instead of chicken with great results too.)

1 medium onion, coarsely chopped

3 mini bell peppers (orange, red, yellow) cut in thin strips

1 tsp hot pepper flakes

grated rind of 1 medium lemon

1-3/4 cup canned coconut milk (full fat, unsweetened)

2 tbsp soy sauce

1 tbsp fresh lemon juice

1/3 cup chopped fresh cilantro

4 tbsp shredded, unsweetened coconut (optional)

DIRECTIONS

In a large nonstick wok or skillet, heat the coconut oil over high heat; stir-fry the curry paste for about 30 seconds. It will be very fragrant. Stir, stir, stir!

Add the chicken and stir-fry over medium-high heat for about 3 minutes. Be sure to coat the meat all over. Stir in the onions and hot pepper flakes, stir-fry for another minute.

Add the bell pepper strips and lemon rind, stir-frying for another minute or until onions begin to soften.

Stir in the coconut milk, soy sauce and lemon juice. Bring to a boil. Cook for about 2-3 minutes until liquid is reduced slightly.

Place in 4 separate sloped platters and serve topped with the coriander. Tastes awesome with shredded coconut stirred in.

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