

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Thai Red Curry Chicken

Chicken, carrots and spinach in a creamy red curry and light coconut sauce over brown rice. 28 g protein.

Makes 4 servings | Serving: 1 cup chicken curry, 1/3 cup rice | About $2.25 per serving | 10 min + 20 min | 28 g protein

Ingredients

- 1 cup instant brown rice
- 1 pound boneless, skinless chicken
- 1 onion, chopped (about 1 cup)
- 2 carrots, chopped (about 1 cup)
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 tablespoons Thai red curry paste
- 1 cup light coconut milk (about 1/2 of 13.5 ounce can)
- 1 cup chopped spinach

Nutrition Facts

Per serving (1 cup chicken curry, 1/3 cup rice)

Calories	**290**
Total Fat	7 g
Saturated Fat	3 g
Sodium	390 mg
Total Carbohydrate	29 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars	0 g
Protein	28 g
Calcium	36 mg
Iron	1 mg
Potassium	615 mg

Method

1. Cook the instant brown rice as the package directs.
2. Cut the chicken into 1-inch pieces.
3. Coat a large skillet with cooking spray and cook the chicken, onion, carrots, pepper and salt over medium-high heat for 8 minutes.
4. Lower the heat to medium-low, stir in the curry paste and coconut milk and simmer 5-10 minutes, until the vegetables are tender.
5. Stir in the spinach, simmer 3 minutes more and serve over the rice.

Swaps: Add any vegetables you have with the onion and carrots. Use the leftover coconut milk in smoothies or soups.

Storage: Refrigerate up to 4 days.

Why it's good for you

- Chicken supplies high-quality protein.[1]
- Brown rice is a whole grain with fiber.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Whole Grains, https://nutritionsource.hsph.harvard.edu/whole-grains/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/thai-chicken-curry/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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