

# Panang Chicken Curry

**Adapted From:** Currytrail.com - credit to original author Jyothi Rajesh

Prep Time: 20 minutes

Cook Time: 20 minutes

1-pound chicken breasts prepared (if available) or 1 lb. fresh organic chicken cut to 1-inch pieces  
1 green bell pepper sliced in ¼ inch strips  
1 red bell pepper sliced in ¼ inch strips  
1 small yellow squash, halved length wise then sliced in ¼ inch thick  
¼ large yellow onion minced  
6 cloves garlic  
1 can coconut milk  
1.5 tablespoon Coconut oil  
½ jar of red curry paste or to taste  
1-piece lemon grass cut into thirds  
¼ cup thai basil or regular sweet basil (depending on availability)  
1 small can sliced bamboo shoots (drained)  
1 tablespoon natural peanut butter or nut butter  
2 teaspoons fish sauce  
4 teaspoons Honey  
1 teaspoon salt

1. Prepare 1.5 cups of quinoa or 1.5 cups brown rice according to directions.
2. Heat large cast iron skillet or wok if available. Add coconut oil and minced onion.
3. Sauté finely chopped onions in hot coconut oil until translucent.
4. Add minced garlic, red, green bell peppers. Cook for 2 minutes constantly stirring. Add squash and cook for 1 additional minute
5. Add chopped lemon grass.
6. Push veggies to one side of the pan. Add precooked chicken and allow to heat through or add chopped chicken and allow to until chicken slightly browned.
7. Mix and move to one side of pan.
8. Add ½ tablespoon of coconut oil to open space of pan. Allow to melt and become hot.
9. Add curry paste to hot oil and allow paste to fry in oil. Wait until oil separates from the paste, gently moving the curry paste in the oil.
10. Stir in unsweetened peanut butter, fish sauce and honey.
11. Cook stirring regularly for 2 minutes.
12. Add coconut milk and stir to combine.
13. Simmer additional for 5-7 minutes or until chicken is fully cooked.
14. Add basil leaves and stir
15. Plate with prepared quinoa or brown rice. Enjoy!

\*\*\* Use prepared quinoa or previously cooked chicken to reduce cooking time