



Chicken Curry over Rice

By Andrea Boje

This is a rich and warming dish, full of flavor and aroma. You can make it as spicy as you want, adjusting the amount of curry powder, and adding a little cayenne or chili powder if you want extra kick. The flavors get better as it sits so is even better served the next day. Serve the curry in shallow bowls over your favorite rice.

4 to 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 2 tablespoons coconut oil or extra virgin olive oil
- 1 pound boneless, skinless chicken breasts or thighs, cut into 1-inch cubes
- 1 medium onion, diced
- 1 14-ounce can coconut milk
- 1 teaspoon curry powder
- 1 tablespoon green chili paste
- 1 teaspoon salt
- 1 cup frozen peas
- 1/2 cup fresh basil leaves, thinly sliced
- 2 cups cooked rice



Photo: Lori Eanes Photography

Instructions

Warm the oil in a large skillet over medium heat. Add the chicken and sauté over medium heat until browned on each side, about 5-7 minutes total. Transfer the chicken to a plate and set aside.

Add the onions to the same pan and cook over medium heat until softened, about 5-7 minutes. Stir in the coconut milk, curry powder, chili paste and the salt. Bring to a boil, then reduce heat to medium and simmer 10 minutes until thickened. Stir in the peas and reserved chicken along with any pan juices and continue to simmer another 2 minutes. Turn off the heat and stir in the basil. Taste and add a sprinkling more salt if necessary. Ladle the rice into bowls, pour the curry over the rice and serve hot.