

COCONUT CURRY CHICKEN

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

- 1 14-ounce can lite coconut milk
- 1 stalk lemon grass – cut into 1" pieces
- 2 tablespoons fish sauce
- 2 tablespoons fresh lime juice
- 2 teaspoons garam masala
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 1 teaspoon fresh ground black pepper
- 1 pound boneless skinless chicken thighs
- Lettuce leaves for serving

Preparation:

Mix together all ingredients except chicken and lettuce.

Pour the marinade mixture into a zipper seal bag and add the chicken. Remove the air from the bag, seal and refrigerate overnight.

Preheat the oven broiler on high. Place the chicken onto a broiler rack, reserving the marinade. Cook the chicken for twenty minutes or until the internal temperature reaches 165F, turning once.

While the chicken is cooking, strain the marinade into a small pot, discarding the lemongrass. Bring to a boil over medium heat and reduce to simmer for five minutes.

Serve the chicken sliced with sauce on the side and lettuce leaves for wrapping.

Nutritional Information Per Serving:

- Calories: 316
- Fat: 19g
- Carbs: 2g
- Fibre: 0g
- Protein: 29g