



# Thai Red Curry Chicken

## Ingredients:

- 2 tablespoons olive oil
- 8 garlic cloves
- 2 pounds chicken breast
- 2 13.5oz cans coconut milk
- 1 large onion
- 2 tablespoons sweet chili sauce
- 4 tablespoons red curry paste
- 4 tablespoons soy sauce
- 4 bell pepper (red, orange, yellow)
- 2 teaspoon dried basil
- 2 zucchini 2 bay leaf
- 4 teaspoons ginger
- 1 juiced lime

## Nutrition Facts

Servings: 8

Amount per serving

**Calories** **278**

% Daily Value\*

**Total Fat** 11.8g **15%**

Saturated Fat 3.8g **19%**

**Cholesterol** 73mg **24%**

**Sodium** 941mg **41%**

**Total Carbohydrate** 14.4g **5%**

Dietary Fiber 2.1g **8%**

Total Sugars 7.4g

**Protein** 27.2g

Vitamin D 0mcg **0%**

Calcium 33mg **3%**

Iron 2mg **12%**

Potassium 764mg **16%**

## Directions:

- Heat oil over medium heat, add chicken, onion, red curry paste until fully cooked. Add bell peppers, zucchini, ginger, and garlic and saute for 3-4 minutes.
- Add half of coconut milk and rest of ingredients including bay leaves
- Bring to a boil, then reduce and simmer for 5 minutes
- Remove bay leaf and garnish with dried basil and lime



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