

BC INSPIRED THAI CHICKEN CURRY



INGREDIENTS

¼ cup	Canola Oil	60 ml
1	Onion, large, diced	1
2 lbs	BC Chicken Thigh, boneless, skinless, diced into 1 inch (3 cm) pieces	1 kg
2	Garlic Cloves, minced	2
2 tbsp	Ginger, minced	30 ml
2 tbsp	Lemongrass, minced*	30 ml
1 cup	Red Bell Pepper, julienned (1 large)	240 ml
1 cup	Carrot, grated (2 carrots)	240 ml
2 cups	BC Squash, peeled & diced into ¾ inch (2 cm) pieces	480 ml
1- 4 tbsp	Red Thai Curry Paste	15 - 60 ml
1	Coconut Milk, can	1 - 400 ml
1	Coconut Cream, can	1 - 400 ml
3	Kafir Lime Leaves (optional)	3
1 tbsp	Fish Sauce	15 ml
¼ cup	Lime Juice, fresh	60 ml
1½ cups	BC Kale, julienned	375 ml
¼ cup	Cilantro, fresh	60 ml
¼ cup	Thai Basil, julienned	60 ml
	Sea Salt	
	Lime Wedges	
	Jasmine Rice, cooked	



DIRECTIONS

1. In a 7L Dutch oven or large pot, heat canola oil and sauté the onion until soft (about 4 minutes).
2. Place in the BC Chicken and continue to sauté until seared on all sides.
3. Add aromatics of garlic, ginger, and lemongrass and sauté for one minute.
4. Add red pepper, carrot, and BC squash and continue to cook for two minutes.
5. Stir in curry paste and stir for one minute.
6. Pour in coconut milk and cream. Stir until combined. Add Kafir lime leaves and fish sauce. Bring to a boil, reduce to medium heat, and simmer for 8 – 10 minutes or until sauce has thickened enough to coat the chicken.
7. Turn off the heat and add lime juice, BC kale, cilantro, and fresh Thai basil. Stir in and adjust the seasoning with salt.
8. Serve hot over cooked jasmine rice and top with fresh lime wedges.

*While fresh is always best, if you want to use the bottled puree, cut the amount in half.