

Easy Chinese Curry Chicken



Sauce Ingredients

- 1 T of yellow (or green) curry paste
- 2 T of chicken broth
- 2 t of sugar
- 1-1/2 t of curry powder
- 1/2 t of salt
- 4-1/2 t of low sodium soy sauce
- 1/2 c of coconut milk

Chicken Ingredients

- 1 T of canola oil
- 4 skinless, boneless chicken thighs
- 2 t minced garlic
- 1 t fresh, minced ginger
- 1 white onion, sliced
- 1 small can of whole water chestnuts

In a medium-sized bowl, mix all of the sauce ingredients and set aside. Next, heat the canola oil over medium-high heat in a wok or large skillet for one minute. Add the chicken, garlic and ginger and cook until the chicken begins to brown. Next add the onions and water chestnuts and mix well. Add the sauce and bring to a boil while stirring constantly. Reduce the heat to low, cover and cook for 25-30 minutes. Serve over jasmine rice.