



Thai-seasoned Coconut Chicken with Veggies

Prep Time: 15 minutes
Bake Time: 25 minutes
Yield: 4 servings

INGREDIENTS

1 ½ lbs boneless, skinless chicken thighs or breasts
2 tbsp Thai seasoning blend (from the recipe above)
2 tbsp coconut oil (or olive oil)
1 cup coconut milk (unsweetened)
1 tbsp soy sauce (or tamari for gluten-free)
1 tsp lime juice
2 cups sugar snap peas
1 red bell pepper, thinly sliced
1 cup carrots, julienned or sliced into thin rounds
½ cup fresh basil leaves (optional garnish)
Cooked jasmine rice or rice noodles (for serving)

DIRECTIONS

1. Prepare the Chicken:

Pat the chicken dry with paper towels and sprinkle both sides with 1 tablespoon of the Thai seasoning blend.

2. Cook the Chicken:

Heat coconut oil in a large skillet over medium heat. Add the chicken and cook for 4-5 minutes per side, until golden brown and cooked through (internal temperature of 165°F). Remove chicken from the skillet and set aside.

3. Prepare the Sauce:

In the same skillet, add coconut milk, soy sauce, lime juice, and the remaining 1 tablespoon of Thai seasoning blend. Stir to combine, scraping up any browned bits from the bottom of the pan.

4. Cook the Vegetables:

Add the sugar snap peas, red bell pepper, and carrots to the skillet. Simmer in the sauce for 5-7 minutes, until the vegetables are tender but still crisp.

5. Combine & Serve:

Slice the cooked chicken and return it to the skillet, nestling it into the sauce and vegetables.

Cook for 2-3 more minutes to heat through.

Serve over jasmine rice or rice noodles, and garnish with fresh basil leaves if desired.