

CHICKEN PANANG CURRY

Tender Chicken And Bell Peppers In A Rich, Flavorful & Spicy Coconut Curry Sauce

Panang Curry is an insanely delicious and spicy dish, typically loaded with enough fat and calories to require a triple bypass. I'm hacking it down with some pretty smart ingredient substitutions. In my recipe, I am using a very specific brand of 'panang curry paste', which I ordered online. I usually don't recommend a specific brand of an ingredient, but this brand is really good and lets you have the most, for the points. However, you can definitely use regular red curry paste as a substitute, which is available at most grocery stores. The sauce won't have the depth, but it's still good.

Ingredients:

Chicken:

- 1lb boneless skinless chicken breast, sliced into very thin strips
- 1/4 tsp baking soda, dissolved with 1 Tbsp water

Sauce 1:

- 3 cups low calorie coconut beverage (see notes!). I used 'Silk' brand Almond/Coconut milk blend. Another popular option is 'So Delicious' light coconut beverage. They are in the milk aisle.
- 1 cup fat free chicken broth
- (OPTIONAL) 1/2 to 1 tsp coconut extract (in the baking aisle)

Sauce 2:

- 2 Tbsp fish sauce (found in the Asian food aisle)
- 3 Tbsp lime juice
- 2 Tbsp powdered peanut butter
- 4 medium garlic cloves, minced
- 2 tsp ginger, minced
- 3 Tbsp PLUS 2 tsp cornstarch
- 1/4 tsp salt

Additional Ingredients:

- 1-1/2 to 2 Tbsp Panang Curry Paste (*see notes about brand!!*)
- 1 large red bell pepper, sliced into thin strips
- 1 large green bell pepper, sliced into thin strips
- 1 small onion, halved, sliced into strips
- Pam (or other brand) coconut oil cooking spray
- 1 cup fresh basil leaves, loosely packed, rough chopped

Servings Info.:

Yield: 6 cups

Servings: 4

Serving Size: 1-1/2 cups



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- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Mix together the chicken & baking soda, set aside for 20 minutes. Prepare Sauces 1 & 2, both in separate bowls/containers. Set aside.



2. (A) Preheat a LARGE pan over high heat for 1 minute. Spray with a 0 point amount of coconut cooking spray, add bell peppers and onion. Cook till they start to sweat. (B) Push veggies to the sides of pan, then add the chicken. (C) Cook over High heat, till chicken is ALMOST cooked through, then (D) add the curry paste. It will take a few minutes, but break up the curry paste and continue mixing till well coated.



3. (A) When the curry paste is well integrated into the dish, (B) pour the coconut beverage/chicken broth mixture into the pan. Allow it to cook for a minute or two, until it comes to a good simmer. (C) Once the coconut liquid is simmering, pour in the second sauce, which contains all the snazzy ingredients. Return to a rolling boil for 3-4 minutes, stirring while it thickens. (D) Turn off the heat. Add the chopped basil, stir to combine, allowing the basil to wilt. Taste the sauce, add Asian chili sauce if you want it spicier.... but seriously, you shouldn't need it. Because this sauce has no actual fatty milk in it, it's spicier, with less chili used, than regular fatty curry.



"Mae Ploy" brand Panang Curry Paste was the lowest point brand I was able to find online. If you have a local Asian market nearby, it's muuuch cheaper in-store.

NOTES:

- **PANANG CURRY PASTE:** I very very very seldomly recommend you to purchase a specific brand of an ingredient, but in this case, I'm going to. I highly recommend going online and ordering "Mae Ploy Panang Curry Paste". It allows you to have 2 Tablespoons for 1 point. Other brands, such as 'Thai Kitchen' are 1 point for a single teaspoon. The bad thing is it comes in a 14oz container, but you can easily justify it. Take 2 scoop portions of the paste and put them into little snack sized freezer bags. Freeze a few of those, then freeze the big container. Now, if you ever want panang curry, simply grab a little baggie and thaw it out, already portioned out. You'll have panang forever. When you look it up in the database... use the ingredient listing created by 'dhallakx7'. I converted the servings to teaspoons, rather than everyone else that has it by 'servings'... because, I rock.
- **PANANG SUBSTITUTE?:** If you don't want to order that panang paste... no worries. You can go to your local store and purchase some 'red curry paste', located in the Asian food section. The flavor won't have the same flavor or depth, but it won't require you to order special ingredients. Also, be advised, regular red curry paste is typically a little bit spicier than panang curry paste.
- **COCONUT BEVERAGE???:** In my recipe, we're eliminating the high fat, high calorie, high point 'light coconut milk', and instead using "coconut beverages". In your grocery store, where they sell the almond, cashew and soy milks... they also sell lightened coconut drinks. Such as "So Delicious" brand unsweetened coconut beverage... which is pretty much coconut milk that's been filtered down to remove the fat, in the same matter as how there's skim milk vs whole milk. A more commonly available alternative is what I used in this recipe, a 'Coconut/Almond milk blend'. Most all major grocery chains, as well as walmarts carry the 'Silk' brand. Making the sauce my way, has 20 less points than regular light coconut milk.
- **ALLERGIES:** You can omit the powdered peanut butter.
- **WHERE'S THE KAFFIR LIME LEAVES??:** I'm not going to make you find kaffir lime leaves, hence the 3 Tbsp of lime juice. However, if you can get the lime leaves, use 5-6 of them instead of the lime juice. Add at step 3C.

