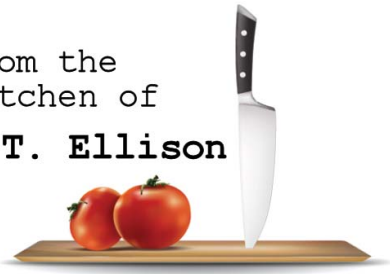


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 2 teaspoons coconut oil
- ✓ 1 medium white onion, roughly chopped
- ✓ 1-2 tablespoons [Mae Ploy green curry paste](#)
(start with one tablespoon for a milder curry, two if you love spice!)
- ✓ 1 cup chicken stock
(and more, depending on desired consistency)
- ✓ 2 cups full-fat coconut milk
(I use [Aroy-D brand](#))
- ✓ 1 tablespoon coconut aminos
(I like the [Big Tree Farms brand](#))
- ✓ 1 tablespoon [Red Boat fish sauce](#)
(I highly suggest you use this brand. It's the best on the market and is made of just fish and salt.)
- ✓ 1 tablespoon honey
- ✓ 2 medium sweet potatoes, cubed
- ✓ 12 oz boneless, skinless chicken breast, cut into 1-inch pieces
- ✓ 1-2 (12 oz) bags frozen stir-fry vegetables
(depending on how saucy you like your curry)
- ✓ Cilantro, green onion, and lime wedges for garnish
- ✓ Cooked jasmine rice (optional)

The Kerr's Thai Green Curry with Chicken (makes about 6–8 servings)

This flavorful soup is a healthy and delicious way to eat your vegetables. A perfect way to spice up wintertime!

Directions

1. In a 6-quart Dutch oven or stock pot, heat the coconut oil on medium-high heat until piping hot. Add onion and sauté until translucent, about five minutes.
2. Add the curry paste, and stir until fragrant, about 1 minute.
3. To deglaze the pan, gradually add $\frac{1}{2}$ cup chicken stock and scrape the bottom of the pan. Add 1 cup of coconut milk, coconut aminos, fish sauce, and honey, and simmer until the mixture comes together. Add more chicken stock as desired to cut the saltiness.
4. Add sweet potatoes. Bring the mixture to a simmer, cover the pot, and cook until potatoes are soft and easily pliable, about 10 minutes.
5. Turn the heat down to medium and add the chicken. (You can also add more chicken stock here, if you need more simmering liquid). Cover and simmer until the chicken is just cooked through, about 5–7 minutes.
6. Add the frozen vegetables. Cover and simmer until cooked through, about 5–7 minutes.
7. Add 1 cup of coconut milk, and heat to desired temperature. Serve with cilantro, green onion, and lime slices (and even some cooked jasmine rice, for some added body!).

Cook's Tip

Psst: Don't freak out by the long list of exotic ingredients. You can find this stuff in the Asian aisle of your grocery store or order on the Web. And it comes together easily in an hour—and it's worth it!