

Helergon Kitchen

Coconut Chicken Curry – Ready in 30 Minutes

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

Main Ingredients

- [ ] 500g boneless, skinless chicken thighs, cut into 1-inch pieces
- [ ] 2 tablespoons vegetable oil
- [ ] 1 medium onion, finely diced
- [ ] 4 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, minced
- [ ] 1 small red bell pepper, sliced thin
- [ ] 1 cup sliced carrots

The Sauce

- [ ] 1 tablespoon Thai red curry paste (adjust to taste)
- [ ] 1 can (400 ml) full-fat coconut milk
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 tablespoon fish sauce
- [ ] 1 tablespoon lime juice
- [ ] 1 teaspoon sugar (optional, to balance acidity)
- [ ] 1/2 teaspoon ground turmeric (optional, for color)

Seasoning & Garnish

- [ ] Salt, to taste
- [ ] Fresh cilantro, chopped, for garnish
- [ ] Lime wedges, for serving

Instructions

1. Start by heating your skillet over medium heat. Go ahead and add the 2 tablespoons vegetable oil, letting it get nice and warm.
2. Toss in the 1 medium onion, finely diced. Stir it every now and then for about 3 minutes until it looks translucent and soft.
3. Now, stir in the 4 cloves garlic, minced, 1 tablespoon fresh ginger, minced, and 1 tablespoon Thai red curry paste. Just a minute of cooking here—once those aromatics smell fragrant and wonderful, you're ready.
4. Add the 500g boneless, skinless chicken thighs, cut into 1-inch pieces. Brown them on all sides for about 5 minutes; look for a nice golden color.
5. Pour in the 1 can (400 ml) full-fat coconut milk and 1 cup low-sodium chicken broth. Stir in the 1 tablespoon fish sauce, 1 tablespoon lime juice, 1 teaspoon sugar (optional, to balance acidity), and 1/2 teaspoon ground turmeric (optional, for color). Bring it all to a gentle, quiet simmer.

6. Add the 1 small red bell pepper, sliced thin, and 1 cup sliced carrots. Turn the heat down to low, put the lid on, and let it simmer for 12-15 minutes. You'll know it's done when the vegetables are tender and the chicken hits that safe internal temperature of 165°F.

7. Season with Salt, to taste. Honestly, just taste it and adjust the fish sauce or lime juice if it needs a little more balance.

8. Serve it hot over steamed jasmine rice or warm naan. Finish it off with a sprinkle of Fresh cilantro, chopped, for garnish and some Lime wedges, for serving.

Nutrition per serving

375 kcal	22 g	14 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Searing the chicken first is where the real magic happens for the flavor.
- Using full-fat coconut milk makes a world of difference in the creaminess.
- If you're watching your salt, be mindful of the fish sauce quantity.