

Chicken Panang Curry

1 tablespoon coconut oil
1/2 medium yellow onion, diced
1/2 cup peanut sauce
1 tablespoon curry powder
1 can light coconut milk
1 lime
1/4 cup brown sugar
4 boneless, skinless chicken thighs (fresh or frozen)

In a large skillet, heat the coconut oil over medium high heat and cook the onions for about two minutes, until they start to soften and become slightly translucent.

Add the curry powder.

Saute the onion and curry powder together for another two minutes, until toasty and aromatic.

Add the peanut sauce. Stir.

Add the lime zest.

And the coconut milk

And the juice of the lime.

Add the brown sugar. Mix well and bring to a boil.

Nestle the chicken into the sauce (I usually use frozen chicken—that's why I've turned this into a simmer sauce. I often forget to buy fresh or to thaw what I have in the freezer and this method works very well for thawing and cooking all in one go). Return to a boil, then reduce to a simmer. Cook about fifteen to twenty minutes, until the chicken is mostly cooked (time will vary for fresh chicken).

Remove the chicken to a plate and keep warm; simmer the sauce until it's reduced by about half and is lovely, saucy consistency. Chop the chicken into bite-size pieces.

Return the chicken to the pan and cook five minutes or so, until it's cooked through.

Serve with broccoli or cauliflower and rice.