

Foodnity Recipes

Chicken Coconut Curry With Garlic Herb Sauce

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Thai-inspired** Cuisine

Ingredients

Main Curry Ingredients

- [ ] 1 lb (450 g) boneless, skin-less chicken thighs, cut into 1-inch pieces
- [ ] 3 tbsp coconut oil (or vegetable oil)
- [ ] 1 medium yellow onion, finely diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, minced
- [ ] 1 tbsp curry powder (mild or medium, per taste)
- [ ] 1 tsp ground turmeric
- [ ] 1/2 tsp cayenne pepper (optional, adjust for heat)
- [ ] 1 can (13.5 oz) full-fat coconut milk
- [ ] 1 tbsp fish sauce or soy sauce
- [ ] 1 tbsp brown sugar (or honey)
- [ ] 1 tbsp fresh lime juice
- [ ] 1 tsp salt, to taste
- [ ] 1/2 tsp freshly ground black pepper

For the Garlic Herb Sauce

- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp cracked black pepper
- [ ] 2 tbsp chopped fresh parsley
- [ ] 2 tbsp chopped fresh basil
- [ ] 2 tbsp chopped fresh cilantro

Garnish

- [ ] 1/4 cup chopped fresh cilantro
- [ ] 2 tbsp chopped fresh basil
- [ ] 1 tbsp chopped fresh parsley

Instructions

1. Start by heating 2 tbsp coconut oil in your large skillet over medium heat. Toss in those chicken pieces and sear them until they're just lightly browned on all sides, which usually takes about 5 minutes. Once they look nice and golden, just remove the chicken and set it aside for a bit.

2. Using that same skillet—don't wash it, those brown bits are where the flavor lives—add the remaining 1 tbsp coconut oil and your diced onion. Sauté those for about 3 minutes until they're soft and translucent.

3. Now, stir in the minced garlic and ginger. You only need about 30 seconds here; just until it smells wonderful and fragrant in your kitchen.

4. Add in your curry powder, turmeric, and that pinch of cayenne pepper. Give it a stir constantly for about 1 minute to toast the spices. You have to be careful here, honestly, because spices can burn if you're not watching.

5. Bring the seared chicken back home to the skillet. Pour in the full-fat coconut milk and stir in your fish sauce, brown sugar, and lime juice. Let the whole thing come to a gentle, lazy simmer.

6. Cover the pan and let the curry cook for 15 minutes. Give it a stir every now and then just to make sure everything is happy. You're looking for the chicken to be cooked through, reaching an internal temperature of 165°F.

7. While the curry is doing its thing, grab a small bowl and whisk together all the Garlic Herb Sauce ingredients. Taste it—don't be shy! Adjust the salt or lemon juice until it tastes just right to you.

8. Once the curry is ready, you can either spoon a generous dollop of the Garlic Herb Sauce over each serving or just sprinkle it over the whole pot and stir. It adds such a bright, fresh layer to the richness.

9. To finish it off, garnish with your chopped cilantro, basil, and a little extra squeeze of lime. I like to serve this immediately with some steamed basmati rice or warm naan.

10. And there you have it. Enjoy that silky coconut base and the little kick from the garlic herbs. Wow, it's just pure comfort in a bowl.

Nutrition per serving

410 kcal	26 g	14 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Searing the chicken first really locks in the juices and gives the dish a deeper, more complex flavor.
- If you find the sauce too thin, just simmer it uncovered for the last 5 minutes to let it reduce.
- For those who don't like heat, simply leave out the cayenne pepper or choose a sweet curry powder.