THAI · DINNER

# Three-Ingredient Thai Red Curry with Cauliflower Rice

20 min · Serves 4 · 560 kcal a serve · Video 3:51 · HK's Keto & Low Carb Recipes

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Chicken thigh simmered in coconut cream and red curry paste: about 30 g protein and roughly 8 g net carbs a serve including the cauliflower rice, with most of the energy from fat.

**Diet notes:** Keto (8.4 g net carbs a serve).

**Scan for the video,** full nutrition and more free recipes

## Ingredients 6 · SERVES 4

- [ ] 500 g **chicken thigh meat** (boneless, skinless leg and thigh), cut into pieces
- [ ] 2 tbsp **Thai red curry paste**
- [ ] 400 ml **coconut cream**
- [ ] **salt** to taste
- [ ] a splash of **water**, to loosen the paste
- [ ] **cauliflower rice**, to serve (about 100 g each)

**Allergens found in the listed ingredients:** Crustacea, Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a tablespoon of the coconut cream in a wok until it froths and bubbles. 1:05
2. Add the curry paste and fry it in the coconut cream for a minute or two until fragrant. 1:12
3. Add the chicken, season with salt and stir-fry for 4–5 minutes so it takes on the paste. If the paste starts to catch, add a splash of water and scrape the wok. 1:27
4. Pour in the rest of the coconut cream, stir, cover and cook until the chicken is cooked through and the sauce has thickened slightly. 2:08
5. Serve the curry over steamed cauliflower rice.

> **Tip** Green curry paste works the same way. Most Thai curry pastes contain shrimp paste, so check the label if you avoid shellfish. Keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 560 kcal | 30 g | 13 g | 4.4 g | 46 g | 690 mg |
| 2,340 kJ | 60% of a day | 8.4 g net · 5.6 g sugars | 16% of a day | 34 g saturated | 30% of a day |
| | | 5% of a day | | 58% of a day | |

**Energy from** net carbs 6% · protein 21% · fat 73% — fits keto: 8.4 g net carbs, 73% of the energy from fat

**High in** (20%+ of a day) Vitamin C 58% · Selenium 53% · Zinc 34% · Vitamin B6 34% · Iron 23% · Vitamin B12 23% · Folate 22%

**Source of** (10–19%) Potassium 19% · Vitamin K 17% · Magnesium 16%

**Recipe and video:** HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=cD8vduFxEfY, published 14 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-thai-red-curry-chicken-cauli-rice