

Thai Curry Chicken

2 c..... Rice
2 ea... Chicken Breasts
3 Tbs. Oil
3 ea... Carrots
2 c..... Broccoli
1 ea... Onion
3 ribs. Celery
1 ea... Eggplant
2 Tbs. Chicken Base
13.5 fl ozCoconut Milk
2 Tsp. Oriental Curry Powder
3 Tbs. Cornstarch
2 c..... Cold Water
¼ c.... Julian Fresh Basil

1. Cook rice according to directions.
2. Cut chicken into ½ inch chunks.
3. Cut carrots lengthwise down the center and then into thin ½ moons. Cut broccoli into small florets. Julian onions. Cut Celery into thin ½ moons. Dice Eggplant into ½ inch chunks.
4. Heat oil in a large wok then sauté chicken.
5. Add rest of veggies and sauté.
6. Mix cold water, cornstarch and curry powder.
7. Mix the coconut milk and chicken base together.
8. When the veggies are tender, add the coconut milk mixture and the cornstarch mixture.
9. Continue cooking until the sauce thickens and becomes slightly glossy.
10. Remove from heat and add the fresh basil.
11. Serve the mixture over the rice.

This is mildly spicy. If you want it spicier double the amount of curry powder. If you want it really spicy, triple it and watch out. You can add crushed red peppers too for something different

For those of you that are vegetarians, replace the chicken with tofu and vegetable base. Or try it with potatoes in place of the chicken. You can always replace any of the veggies with other veggies. Go for it!

The coconut milk is the fattening part so you could leave it out but it will change the flavor.

Eggplant is always a tricky one. When picking out an eggplant, there is a trick. If you look at the end (I call it the belly button, on the opposite end of the stem), look for it to have a line as opposed to a dot. This will be sweet not bitter.

Have fun and enjoy!!!