



## RED THAI ROASTED CHICKEN WITH COCONUT SAUCE

Spicy red curry paste seasons the chicken and the sauce in this Thai-inspired recipe. Serve it with brown rice and steamed vegetables for a meal that updates the classic chicken dinner.

 20 minutes

 2 hours

 6 portions

## INGREDIENTS

- 1 spray, about 1/3 second [1 NLEA serving] of oil, PAM cooking spray, original [0 g]
- 2 tbsps of lemon grass [citronella], raw [10 g]
- 1/3 cup coriander [cilantro], raw, chopped
- 1/4 cup slices [1" dia] of ginger root, raw [24 g]
- 1/2 tsp of salt, table [3 g]
- 1/2 unit [2" dia] of limes, raw [34 g]
- 2,5 Tbsp of spices, curry paste Red variety
- 1 cup of coconut milk, raw [choose unsweetened reduced fat if possible ] [240 g]
- 1 cup of soup, chicken broth, low sodium, canned [240 g]
- 100 grams of peanut, grilled, salted
- 1 unit of chicken, whole raw
- 600 grams of grilled vegetables pan-fried with 1 spray [ courgettes, bock Choi, bell pepper, kale...]
- 3 cups of rice, brown, medium-grain, raw [570 g] **or** 500 grams of basmati rice, raw

## COOKING METHOD

- 1° Preheat oven to 425F. Set rack in medium roasting pan. Spray rack and pan with nonstick spray.
- 2° Grate 1 lemongrass stalk. Stir together grated lemongrass, the chopped cilantro, grated ginger, and salt in cup. With your fingers, loosen skin on chicken breasts, legs, and thighs. Rub herb mixture on meat under skin; press skin back into place. Cut remaining lemongrass stalk into thirds. Place lime halves, lemongrass pieces, and sliced ginger inside chicken cavity.
- 3° Grate 1 lemongrass stalk. Stir together grated lemongrass, the chopped cilantro, grated ginger, and salt in cup. With your fingers, loosen skin on chicken breasts, legs, and thighs. Rub herb mixture on meat under skin; press skin back into place. Cut remaining lemongrass stalk into thirds. Place lime halves, lemongrass pieces, and sliced ginger inside chicken cavity.
- 4° Tuck wings under chicken and tie legs together with kitchen string. Stir together 1 tablespoon curry paste and 1 tablespoon coconut milk in another cup; rub all over chicken. Place chicken on rack, breast side up. Roast until instant-read thermometer inserted into thigh registers 165°F, about 1 1/2 hours.
- 5° Tuck wings under chicken and tie legs together with kitchen string. Stir together 1 tablespoon curry paste and 1 tablespoon coconut milk in another cup; rub all over chicken. Place chicken on rack, breast side up. Roast until instant-read thermometer inserted into thigh registers 165°F, about 1 1/2 hours.
- 6° Transfer chicken to cutting board and let stand 10 minutes.
- 7° Strain pan juices into measuring cup and skim off visible fat. Set roasting pan over 2 burners. Add remaining 1 1/2 tablespoons curry paste and cook over low heat, stirring frequently, until fragrant, about 1 minute. Add pan juices and broth and bring to boil over high heat, stirring with wooden spoon to scrape up browned bits from bottom of pan. Reduce heat and cook, stirring occasionally, until broth is reduced to 3/4 cup, about 5 minutes. Stir in remaining 1 cup coconut milk; simmer until heated through.
- 8° Carve chicken into 8 pieces. Sprinkle with peanuts and cilantro sprigs and serve with sauce and lime wedges. Remove skin before eating.
- 9° Serving size: 1 piece chicken and generous 2 tablespoons sauce
- 10° Tuck wings under chicken and tie legs together with kitchen string. Stir together 1 tablespoon curry paste and 1 tablespoon coconut milk in another cup; rub all over chicken. Place chicken on rack, breast side up. Roast about 1 1/2 hours. [If you have instant-read thermometer inserted into thigh registers 165°F ]
- 11° Served with assorted grilled vegetable and rice. [ prefer brown rice to plain white ]

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (315 g)	% DRI
ENERGY	191 kcal	600 kcal	30 %
FAT	7 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	3 g	11 g	53 %
CHOLESTEROL	3 mg	9 mg	3 %
SODIUM	153 mg	481 mg	20 %
CARBOHYDRATE	26 g	81 g	27 %
SUGARS	2 g	5 g	—
FIBER	3 g	9 g	35 %
PROTEIN	6 g	18 g	—