

## Kari's Coconut Curry

Serves 2

### Ingredients:

1 lb. desired protein (chicken recommended but could be made with shrimp or pork)  
1 red bell pepper  
8 oz baby bok choy  
1 red onion  
1 shallot  
2 cloves of garlic  
1 small knob of ginger (~thumb sized)  
1 T red curry paste  
1 can light coconut milk  
1 T brown sugar  
2 T soy sauce  
1 large pinch red chili flakes (more or less for spiciness)  
3 T cashews (salted)  
2 green onions  
1 lime  
salt & pepper  
oil

### 1. prep

Heat oven to 450\*

Thinly slice bell pepper (1/4" strips)

Halve bok choy and cut crosswise into 1/2 inch pieces. Separate bulbs from stems.

Peel and dice onion and shallot.

Thinly slice green onions

Mince garlic.

Peel skin off of ginger. Do not mince.

Roughly chop cashews.

Halve lime.

Salt and pepper the chicken breasts (or other protein)

### 2. cook chicken and veggies

Put chicken on one sheet pan and lightly drizzle with oil

Put bell peppers and bok choy bulbs on another sheet pan. Drizzle with ~1T oil and salt and pepper

Bake for ~15-20 minutes

### 3. make curry

While the chicken and veggies is cooking, prepare the curry.

Add 1T oil to a medium sauce pot. Once hot, add the garlic, shallot, onion, and ginger. Saute until soft.

Add curry paste and stir until combined.

Add coconut milk, brown sugar, and soy sauce. Stir. Bring to a boil (high), then back heat down to simmer (medium-medium high). Simmer until thickened ~10 mins.

### 4. add vegetables and finish curry

Remove the ginger knob. Add the bok choy leaves and roasted vegetables. Cook until leaves are wilted.

Split the curry between 2 bowls. Top with the chicken, cashews and green onions. Serve with lime.