

Thai-Style Coconut Curry with Chicken and Zucchini

Recipe from *The Classic Zucchini Cookbook: 225 Recipes for All Kinds of Squash* by Nancy C. Ralston

2 tablespoons peanut or canola oil
3 tablespoons yellow Thai curry paste or 2 tablespoons curry powder
1 large onion, halved and thinly sliced
1 ¼ pounds boneless, skinless chicken breasts or thighs, cut into ¼-inch strips
2 cloves of garlic, minced
1 jalapeno, sliced (leave seed in for hotter dish)
1 red bell pepper, julienned
1 teaspoon fresh ginger, minced
Salt and freshly ground black pepper
3 small zucchini, quartered and sliced
1 ½ cups coconut milk
¼ cup fresh cilantro, chopped
2 tablespoons fresh lime juice
Hot cooked rice or [Thai] rice noodles
½ cup chopped roasted peanuts (optional)

1. In a Dutch oven or large saucepan, heat oil over medium heat. Add curry paste and onions. Sauté until onion is translucent, about 5 minutes.
2. Add chicken, garlic, jalapeno, bell pepper, and ginger. Sauté until chicken is cooked through, about 5 minutes. Add salt and pepper to taste.
3. Stir in zucchini and mix until combined with the spices. Stir in coconut milk, cilantro, and lime juice. Bring to a simmer. Simmer until zucchini is tender, about 10 minutes. Taste and add salt and pepper, if needed.
4. To serve, spoon a bed of rice or noodles into individual pasta bowls. Top with chicken, vegetables, and sauce. Garnish with peanuts (optional).