

# Thai Chicken

*This recipe has been shared from David Stauth. Please email us your recipe to share with others in the SIBO community!*

*This dish is fairly quick and easy to make, less fussy than many Asian recipes, but captures some of the best tastes of Thai cuisine - the liberal use of coconut and peanut flavors, along with citrus. It uses all "low fermentable" ingredients for the SIBO Specific Food Guide, is inexpensive, is a simple stove top dish you can make in 30 minutes and it refrigerates well for leftovers. This recipe is mildly seasoned but you could make it spicier if you wish. My daughter loves it. –David Stauth*

## **Ingredients:**

3 tablespoons coconut or avocado oil  
8-12 boneless, skinless chicken thighs, cut into pieces  
3-4 diced scallions, green part only  
1 large carrot, sliced fine  
1 14-ounce can organic coconut milk (no guar gum)  
3-4 tablespoons peanut butter (or other nut butter)  
1 teaspoon sesame oil (optional)  
1 cup diced cilantro, divided into ½ cup portions  
1 teaspoon curry  
1 teaspoon cumin  
2 tablespoons finely diced fresh ginger  
Juice of 1-2 limes  
Salt and pepper to taste

## **Directions:**

1. Warm oil over medium heat in a large skillet.
2. Sauté chicken over medium heat until lightly browned in oil.
3. Add scallions and carrot, sauté 5 more minutes.
4. Add curry, cumin and ginger and briefly sauté just to blend flavors.
5. Blend together coconut milk, nut butter, sesame oil and half the cilantro, add to pan, and cook on medium/high heat about 5-10 minutes, with no cover on pan to reduce and slightly thicken sauce.
6. Add in lime juice.
7. Serve with garnish of the remaining ½ cup cilantro.

**Options:** Chicken breast can be substituted for thighs if you wish, but they have less flavor. More carrots or other vegetables (diced bok choy, bamboo shoots, snow peas) can be added as tolerated. If you want a spicier dish, add some diced chili of your favorite type, or a little crushed red pepper. Diced peanuts would be a nice addition to the garnish.