

Yummy! Mummy Coconut Chicken



Makes 4 servings

1/2c coconut milk

1/4c chicken broth

2t garlic, minced

1t red curry paste, or more to taste

4 ~ 6oz chicken breasts, boneless, skinless,
pounded thin

3/4t kosher salt

1/2t black pepper

2 medium zucchini, halved lengthwise, sliced

1c yellow squash, thinly sliced

1c red bell pepper, large diced pieces

1/2c green onion, sliced diagonally

1T cilantro, chopped

4 lime wedges

Preheat oven to 425. Cut foil into 4 ~ 15x24 rectangles. Fold each rectangle in half lengthwise. Combine coconut milk, chicken broth, garlic and red curry paste. Whisk until smooth. Season chicken with salt and pepper.

On each piece of foil, layer 1/4th of the zucchini, squash, red bell pepper, green onion and a chicken breast. Spoon 3T of coconut milk mixture on each breast. Fold and seal foil packets and place on large baking sheet.

Bake for 22 minutes. Remove from oven and let stand 5 minutes. Place packets on plates and open carefully ~ there will be steam. Sprinkle with chopped cilantro. Squeeze lime juice over chicken.

Prepare Ahead Tip

Prepare up to the point of placing in oven. Freeze. Thaw overnight in refrigerator day before consumption. Bake as directed.