



Thai Chicken

1 3- to 4-inch hot red finger pepper (or other hot pepper)
2 Tbsp. coconut oil
1 large clove garlic, minced
1 ½-inch piece ginger root, minced
1 medium onion, sliced
1 red bell pepper, sliced
1 green bell pepper, sliced
1 Tbsp. minced lemon grass (about 3 inches)
1 ½ pounds boneless chicken breast
1 Tbsp. fish sauce
½ cup coconut milk
¼ tsp. red curry paste
Salt to taste

Remove seeds from hot red pepper and mince. Heat coconut oil in large skillet. Add minced garlic, ginger, and minced hot red pepper; sauté for 2 minutes. Add onion and cook another 2 minutes. Add red and green peppers and lemon grass; cook 2 minutes. Cut chicken breasts in half and slice halves into ½-inch slices, add to skillet along with fish sauce. Cook on medium-low heat for about 10 minutes, stirring frequently until chicken becomes white and firm. Stir in coconut milk and curry paste, add salt to taste, cook until heated. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com