



## Pressure Cooker Thai Chicken & Vegetables with Rice

4 servings

40 minutes

### Ingredients

185 grams Brown Rice  
242 milliliters Canned Coconut Milk (full fat)  
237 milliliters Chicken Broth  
30 grams Thai Red Curry Paste  
30 milliliters Coconut Aminos  
6 grams Ginger (fresh, minced)  
2 Garlic (clove, minced)  
454 grams Chicken Breast  
1 Red Bell Pepper (sliced)  
1/2 Yellow Onion (sliced)  
150 grams Green Beans  
21 grams Kale Leaves (chopped)

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 4 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 5 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
- 6 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

**No Brown Rice:** Omit or use jasmine rice, quinoa or cauliflower rice instead.

**No Chicken Breast:** Use chicken thighs instead.

**No Fresh Green Beans:** Use frozen or choose another vegetable like snap peas or broccoli.

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**No Kale:** Use spinach or bok choy instead.