

Brian's Peanuttty Spicy Chicken

By Brian Copeland, RKC

High in Protein - High in Healthy Fats - Low in Carbs

DIRECTIONS:

- Start with eight boneless chicken thighs or breasts wrapped in aluminum foil to lock the moisture in.
- Bake on 350 degrees (*Fahrenheit for you international readers*) for 20 to 30 minutes or until fairly cooked but not quite done.

Mix the following in a bowl:

- 5.5 oz. can of coconut milk
- 2 to 3 heaping tablespoons of natural peanut butter, crunchy is best
- 1/2 tsp. of Thai Kitchen brand red curry paste
- 1 tsp. of Thai Kitchen red chili paste
- 1 to 2 tsp. of chili garlic sauce. (The stuff I use is in a clear plastic container with a green lid and has Vietnamese writing all over it. You can see the seeds of the chilies)

- Put the almost cooked chicken and the peanut sauce mixture into a skillet on medium heat and simmer covered until the chicken is done.
- Remove before the sauce curdles where the oil starts to separate and the sauce gets oily.

TIPS:

- If the chicken is tough or the sauce is oily and curdled then you cooked it too long in the skillet
- If the sauce is too runny you can simmer uncovered for a few minutes
- This is a fairly spicy-hot recipe. To tone it down use less chili garlic sauce and a little less red chili paste.
- Use organic ingredients whenever possible.
- Serve with a salad or some veggies. Don't serve with a starchy carbohydrate. That would add too many calories plus it is best not to mix fat and carbohydrates in one meal.

Enjoy!

To learn more or if you are ready to make real progress, contact me for some personal training program designs. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period. And now that you save money by eating out less you will have the extra dough ...er cash.

What do you have to loose except some unwanted body fat and a lot of bad lifting habits?

Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of “proper” strength and flexibility training.

Brian is available for private and group lessons and personalized program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

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