

## ♡ Sheet Pan Coconut Chicken Curry with Vegetables

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Prep Time 20 mins  
Total Time 50 mins  
Meal Type Lunch, Dinner  
Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



### Ingredients

lb,c g,ml

- 2 lb chicken thighs, skinless and boneless
- 1 cup coconut milk, canned
- 1 Tbs curry powder
- 1 Tbs olive oil
- 1 tsp salt
- 1 bell pepper, red, *chopped*
- 2 zucchini, medium, *chopped*
- chickpeas, canned, *drained and rinsed*

### Directions

#### Prep

1. Pat chicken dry with paper towels and add to a glass dish.
2. In a small bowl, whisk together coconut milk, curry powder, olive oil, and salt.
3. Preheat. oven to 425° F and line sheet pan with parchment paper.

#### Make

1. Pour all but 2 tablespoons of coconut milk mixture over chicken and let marinate for 15 minutes. Reserve 2 tablespoons of coconut milk mixture for vegetables.
2. Place chicken pieces on the parchment-lined sheet pan and place in the oven for 15 minutes.
3. Meanwhile, chop peppers and zucchini. Add to a large bowl with reserved coconut milk mixture and toss until well-coated.
4. Remove chicken from oven. and add vegetables, pushing mixture around to nestle among chicken pieces.
5. Return to the oven for an additional 35-40 minutes until vegetables are soft and chicken has reached an internal temperature of 165° F.
6. Serve over rice, cauliflower rice, or quinoa. Top with lime and fresh herbs if desired.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> 483 per serving	<b>Total Fat</b> 31.0g		47%	<b>Total Carbohydrates</b> 16g	5%
	Saturated Fat 15.4g		76%	Dietary Fiber 5g	19%
	Trans Fat 0.0g			Total Sugars 5g	
	<b>Cholesterol</b> 180mg		60%	<b>Protein</b> 42g	
	<b>Sodium</b> 999mg		43%		
Vitamin D 0mcg 0% · Calcium 53mg 5% · Iron 3mg 17% · Potassium 503mg 10%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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