

Thai Green Curry

This recipe works well with chicken or fish and the coconut milk gives it a yummy, creamy flavour.



Fish and mustard*

Nutritional information per portion (196g):

Energy	Fat	Saturates	Sugars	Salt
941kJ 224kcal 9%	12g 17%	4.9g 24%	1.9g 2%	0.2g 3%

of an adult's reference intake.
Typical values per 100g: energy 480kJ/114kcal.

Equipment

- Weighing scales
- Colander
- Chopping board x 2 (1 for meat and 1 for vegetables)
- Sharp knife x 2 (1 for meat and 1 for vegetables)
- Grater
- Measuring spoons
- Wok or large non-stick frying pan
- Wooden spoon

Ingredients

Serves 4

- 175g pack mangetout OR sugar snaps (OR mixed pack mangetout and baby sweetcorn)
- 1 lime
- 475g chicken breast
- 1 small red chilli
- 1 x 15ml spoon vegetable oil
- 2 x 5ml spoons Thai green curry paste
- 200ml reduced-fat coconut milk
- 10g (about a handful) fresh coriander

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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Method

1. Wash the vegetables. Grate the zest from half the lime.
2. Slice the chicken breasts into small pieces about 1cm thick. Wash your hands after touching the raw meat.
3. Using a different chopping board, finely chop the fresh chilli (if using). Wash your hands after touching the chilli.
4. Turn on the hob. Heat the oil in the saucepan on a medium heat. Add the chicken and chopped fresh chilli and stir until the chicken is cooked through. It will turn from pink to white.
5. Add the vegetables and stir for 2 minutes.
6. Add the curry paste, lime zest and coconut milk. Simmer for 10–15 minutes until the sauce starts to thicken.
7. Finely chop the coriander and squeeze the lime. Stir into the sauce. Keep a small amount of coriander to sprinkle on top when serving.

Something to try next time

- Why not try using 450g of white fish or prawns instead of chicken?

Prepare now, eat later

- This quick and easy Thai dish is best eaten straight away.
- Any unused coconut milk can be frozen for up to a month. Defrost thoroughly before using.

Skills used include:

Washing, weighing, measuring, chopping, stir-frying and boiling/simmering.