

# Together We Cook


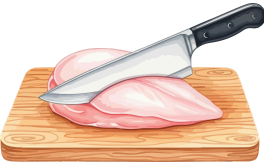

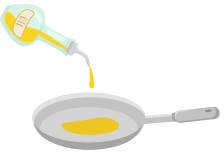
## Thai Chicken Curry

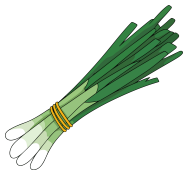












Serves 2



### Ingredients

	100g brown rice
	1 chicken breast
	1 clove garlic
	2 teaspoons oil

	3 spring onions
	80g sugar snap peas or green beans
	½ lime
	1 red pepper
	2 handfuls spinach OR 2 cubes frozen spinach
	2 tablespoons green curry paste
	200ml canned coconut milk (reduced fat)

1		Wash <b>spring onions, sugar snap peas</b> or <b>green beans</b> and <b>red pepper</b> Chop into thin strips or 1cm pieces
2		Peel and crush <b>garlic</b>
3		Slice <b>chicken</b> into strips Wash and dry hands and chopping board
4		Half fill a pan with water Bring to the boil
5		Add <b>rice</b> and simmer for 20 mins
6		Heat <b>oil</b> in the other pan Add <b>chicken, garlic</b> and <b>spring onions</b> and cook until chicken is white
7		Add <b>curry paste, sugar snap peas</b> or <b>beans</b> and <b>red pepper</b> Cook for 2-3 minutes
8		Stir gently Add <b>coconut milk, spinach</b> and <b>lime juice</b>
9		Drain the <b>rice</b> in a sieve Serve with curry

## Serving ideas



- Sprinkle with some fresh coriander leaves
- Delicious with Prawn Crackers



## Variations



1. Use Quorn pieces instead of chicken or use extra vegetables eg Butternut squash
2. Use fresh broccoli florets instead of sugar snap peas
3. Frozen peas can be added straight from the freezer



## Leftovers

Chill, then put in a sealed, labelled box or bag in the freezer



To defrost, put in the fridge for 3-4 hours. Reheat until very hot and stir well as it might look watery at first

The curry paste will freeze too. Spoon into a clean ice cube tray, freeze until solid and use straight from the freezer

