

Thai Chicken Curry



Ingredients (serves 2)

- 2 x teaspoon (5ml) oil
- 3 spring onions
- 1 clove of garlic
- 80g sugar snap peas or green beans
- 1 chicken breast
- 2 x tablespoon (15ml) green curry paste (in a jar or small tub)
- 200ml canned coconut milk (reduced fat)
- ½ lime
- 1 small red pepper
- 2 handfuls of fresh spinach or 2 cubes of frozen spinach
- 100g rice (brown rice is really tasty and healthy) to serve




Equipment

- 2 chopping boards
- 2 knives
- Garlic press
- 2 Saucepans
- Kitchen scales
- Wooden spoon
- Can opener
- Juicer
- Sieve

Method

1. Prepare the vegetables with a clean knife, on a clean chopping board:
 - peel and slice the spring onion (about 1 cm. pieces)
 - peel and crush the garlic
 - cut the sugar snap peas in half
 - deseed and slice the pepper
1. Using the other chopping board remove any skin from the chicken and slice into strips.
2. Half fill a pan with cold water. Place on the hob and bring up to boil.
3. Add the rice and gently simmer for 20 minutes or until tender.
4. Heat the oil on a medium heat in a sauce pan; add the chicken, garlic and spring onions.
5. When the chicken is 'white' (when a piece is broken in half) add the Thai curry paste, sugar snap peas (or beans) and red pepper slices.
6. Cook for 2-3 minutes.
7. Stir gently and add the coconut milk and spinach.
8. Squeeze the juice from the lime and mix into the curry.
9. When the rice is tender drain off the hot water and serve with the curry on top.

Together We Cook

	<p>Serving Ideas</p> <p>Sprinkle with some fresh coriander leaves (don't add these if you are going to freeze your curry).</p> <p>Prawn Crackers make a delicious treat with your curry if it's a celebration!</p>
	<p>Variations</p> <p>Replace the chicken with Quorn pieces or use extra vegetables. Butternut squash cubes work well but sure they are soft before you serve your curry.</p> <p>Use some fresh broccoli florets to replace the sugar snap peas. Frozen peas are also delicious and can be added straight from the freezer.</p>
	<p>Leftovers</p> <p>If you buy a large can of coconut milk you could double the recipe and freeze half for another day.</p> <p>The curry paste will freeze too. Spoon into a clean ice cube tray, freeze till solid and use straight from the freezer.</p> <p>The curry will freeze well, just make sure it's cold before it goes in a sealed, labelled box or bag and place in the freezer ready for another day. When you want to eat it defrost in the fridge for 3-4 hours. Reheat until very hot and stir well as it might look a little watery until its mixed well.</p>