

JOES EASY THAI GREEN CHICKEN CURRY

Serves 4

500 g skinless chicken breast cut into strips

Groundnut oil

1 Clove of Garlic and 1 inch of Grated Fresh Ginger

3-400g of Mixed Sliced Red Onion and Diced Peppers

1 x 400g tin of light coconut milk

100ml chicken stock

3 lime leaves

150 g mange tout

½ a bunch fresh Coriander

1 lime 1tbls pf green curry paste

Heat 1 tablespoon of oil in a large pan on a medium heat, add the chicken and fry for 3-4 minutes, or until just turning golden.

Add Garlic and Ginger and fry for 2 minutes, now add the vegetables and cook for 45 minutes.

Reduce the heat to medium-low and add the Thai green paste for 4 to 5 minutes, stirring occasionally.

Pour in the coconut milk and 400ml, chicken stock and add the rind and juice of one lime or 2-3 lime leaves. Turn the heat up and bring gently to the boil, then simmer until reduced to a nice sauce.

Then add mangetout for the final 2 minutes.

Season carefully to taste with sea salt and freshly ground black pepper. Pick, roughly chop and stir through the Coriander leaves. Serve with lime wedges and steamed rice.