



Thai Chicken Curry* (HV) (OP I)

Serving: 1

Non Veg

Ingredients

- 1 medium onion
- 1/2 stalk lemongrass
- 1 tsp vegetable oil
- 2-3 tsp red Thai curry paste
- 100 grams chicken breasts, cut into bite-size pieces
- 1 tsp fish sauce
- 1 tsp sugar, brown is best
- 2 freeze-dried kaffir lime leaves
- 50ml coconut milk
- 3 tbsp fresh coriander

Preparation Method

- Peel onion and cut in half from top to root. Lay the cut sides flat on a board and thinly slice. Very finely slice the lemongrass, starting at the thinner end, stopping towards the base when it gets tough .
- Heat the oil in a wok or large saucepan for a couple of minutes until the oil separates. Add the shallots or onion. Fry for 3-5 mins, until soft and translucent. Stir in the curry paste and cook for 1 min, stirring all the time.
- Add chicken pieces and stir until they are coated. Add the lemongrass, fish sauce, sugar, kaffir lime leaves and coconut milk. Bring slowly to the boil, then reduce heat and simmer, uncovered, for 15 mins until the chicken is cooked. Stir the curry a few times while it cooks, to stop it sticking and to keep the chicken submerged.
- While the chicken is cooking, strip the leaves from the coriander stalks, gather into a pile and chop very roughly. Taste the curry and add a little more curry paste and salt if you think it needs it. Stir half the coriander into the curry and sprinkle the rest over the top. Serve .