

Thai Red Curry

Ingredients

4 chicken breasts, sliced
2 tbsp fresh Red Curry Paste
1 red chilli
3 baby marrow, sliced cm 3 patty pan, quartered
3 baby squash, halved
1 red onion, quartered 1/2 cup basil
400ml coconut milk 200ml coconut cream
1 tbsp fish sauce
1 tsp sugar
Coconut/sunflower oil for frying

In a medium saucepan, on medium-high heat, start by adding your oil and half the curry paste, cook until the aromas begin to release.

Method

Brown your chicken in the curry paste, adding salt to taste

Remove the chicken once browned and set aside.

In the same saucepan, add coconut milk, coconut cream and bring to a simmer, making sure to stir and deglaze the bottom

Once simmering, add the rest of your curry paste, vegetables, fish sauce, and sugar. (keep your basil and chilli till the end)

When the vegetables are past halfway cooked (Around 6 minutes), add your chicken back into the curry and simmer for another 6 minutes or until chicken is cooked through.

Stir through chiffonade of basil and garnish with the red chilli and serve with rice.

THE COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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