



GREEN CURRY WITH CHICKEN

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Ingredients:

Green Curry Paste

Green Pepper (Capsicum) - half cut into small strips
White peppercorns - 1tsp
Cumin seeds - 1tsp
Coriander seeds - 1tsp
Galangal - 2in piece
Lemongrass - 3in piece
Shallot - 3, chopped
Garlic - 10 small dried cloves
Coriander root - 3in
Kaffir Lime Rind - 1tsp diced
Prawn paste - 1tsp

Main Dish

Chicken - 1 breast
Coconut Milk 250 ml
Kaffir Lime Leaves - 3 broken with stem removed
Lemongrass - 3in cut diagonal into 6 pieces
Thai Aubergines - 3 cut into quarters
Sweet Basil - 10 leaves shredded
Red Chilli - 2 without seeds cut into strips
Salt and sugar to taste

Cooking Instructions:

Green Curry Paste

1. Into mortar and pestle hard ingredients first - white peppercorns, cumin, coriander
2. Grind to a powder
3. Add shallots, garlic, lemongrass, galangal and Kaffir Lime leaves continue to mix
4. Add coriander root
5. Add green pepper - take care not to splash in your eyes
6. Add shrimp paste
7. Continue until all mixed in

Main Dish

1. Put pan on a low gas
2. Add 1 tbsp of oil and heat
3. Add the green curry paste and cook until smells good
4. Add 1 tbsp of coconut milk and mix
5. Add rest of milk and wait for it to boil.
6. Add lemongrass, Kaffir Lime leaves and chicken
7. Cook until chicken is white and firm
8. Add aubergines and cook until tender - control gas so not to burn
9. Salt and sugar to taste
10. Add shredded red chilli and sweet basil
11. Turn off and put lid on
12. Serve in a bowl garnished with shredded red chilli and basil leaves