



THAI GREEN CHICKEN CURRY



Ingredients:

1.5 cup jasmine rice
500g chicken breast
1-2 tbs green curry paste
375 mL evaporated milk
1 tsp coconut essence
200g green beans, trimmed and halved
200g baby corn
200g broccoli florets
200g bamboo shoots
2 tbs fish sauce
2 tbs brown sugar
1 tbs cornflour
Olive oil spray
4 kaffir lime leaves, finely shredded, plus extra

Method:

1. Steam rice according to packet instructions.
2. Spray wok, stir fry chicken over medium-high heat for 5 minutes or until browned. Add curry paste and stir until fragrant.
3. Stir in milk, coconut essence, and lime leaves and bring to the boil.
4. Reduce heat to low, add beans, broccoli, corn and shoots and simmer for 5 minutes or until beans are tender.
5. Add fish sauce and brown sugar. Blend cornflour with 2 tbs water, stir into wok and cook until curry is boiling and slightly thicker
6. Garnish with lime leaves and serve with rice. Coriander optional.

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	2019 kJ
Protein	42.4 g
Fat	13 g
Carbohydrate	47 g
Fibre	6 g



HOT TIPS

Use whatever vegetables you have left in your fridge for this curry. Or if you'd prefer you could even use frozen stir-fry or winter vegetables!