

6 Thai green curry

Adapted from a school "Licence to Cook" scheme recipe and the green curry recipe from www.thaitaste.co.uk, the information website for the Thai Taste brand.

Serves 4.

Ingredients

8 baby sweetcorn
160-200g sugarsnap peas
6 spring onions
400g raw chicken breasts
1 tablespoon vegetable oil
1 400ml can coconut milk (not reduced fat as it makes the sauce too runny and flavourless)
60g Thai green curry paste – use a little more if you like a hotter curry (we like the Thai Taste brand widely available in supermarkets)
1 teaspoon Thai fish sauce
1 teaspoon brown sugar (or use authentic palm sugar if you have some to hand)

1. Trim, wash and dry the spring onions (using kitchen paper) and slice thinly on the diagonal. Set aside.
2. Wash the sugar snap peas and cut in half. Wash the baby corn and cut in half lengthwise. Combine and set aside.
3. Using a separate board and clean knife, cut the chicken breasts into bite size chunks. Wash and dry your hands carefully after this stage to avoid cross-contamination from any bacteria that may be in the raw chicken.
4. Heat the vegetable oil over a medium high heat in a wok, medium saucepan or deep frying pan. Add the curry paste plus one tablespoon of the coconut milk from the can then stir and cook for 3 minutes to release the aromas from the paste.
5. Add the sliced spring onion and raw chicken pieces to the pan, stir to coat in the paste and fry for 3 minutes.
6. Add the coconut milk, fish sauce and brown sugar to the pan, stir and cook for 5 minutes.
7. Add the prepared baby corn and sugarsnap peas to the pan and cook for 2 minutes more.
8. Serve with plain boiled or steamed rice.
9. You can vary this recipe by using chopped skinless boneless chicken thigh fillets in place of breast meat in which case cook for 10 minutes not 5 minutes at stage 5 of the recipe. You can also substitute the chicken with prawns, prepared tofu or extra vegetables (eg broccoli, spinach, courgette, frozen peas or soya beans).