

Green Thai Curry

Ingredients

- 200g baby potatoes (about 6)
- 100g green beans
- 2 medium boneless skinless chicken breasts
- 400ml can of coconut milk
- 4 tablespoons of green thai curry paste (roughly half a small jar)
- 1 teaspoon of vegetable oil
- 1 teaspoon of caster sugar
- 1 clove of garlic

Method

- Quarter the potatoes
- Put the potatoes into a saucepan of water, then bring to the boil and simmer for 5 minutes
- Trim and half the green beans then add them to the potatoes and simmer for a further 3 minutes
- Drain the potatoes and beans using a colander and set aside (they should be tender but not soft)
- Chop the garlic
- In a wok, heat 1 teaspoon of vegetable oil, then add the chopped garlic and cook until golden (this should take only a few seconds - don't let it go very dark or it will spoil the taste)
- Add the green thai curry paste and stir it around for a few seconds to begin to cook the spices and release all the flavours
- Pour in a 400ml can of coconut milk and let it come to a bubble
- Meanwhile cut the chicken into bite-sized pieces on a meat board using a sharp knife and a table fork
- Stir in 1 teaspoon of caster sugar to the sauce before adding the chicken pieces
- Turn the heat down to a simmer and cook for 10 minutes
- Add the potatoes and beans and cook for 5 more minutes (check the chicken is cooked before serving)
- Reheat (only once) at home and serve with boiled rice

Equipment

- Sharp knife
- Chopping board
- Red (meat) chopping board
- Saucepan
- Colander
- Wok or large frying pan
- Heatproof stirrer
- Table fork
- Measuring spoons

Note

Before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require

