

# Thai Green Curry

## Ingredients

200ml Coconut Milk  
120g Rice  
80g Sugar Snap Peas  
30g Thai Green Curry Paste  
10ml (Dessert Spoon) Sunflower or Olive Oil  
3 Spring Onions  
1 Chicken Breast / 120g Diced Pork / 120g Beef / 120g Prawns  
1 Clove of Garlic  
1/2 Lime  
Small Bunch of Coriander



**Please bring a dish to  
take your Thai green  
curry home in.**

## Optional Ingredients

1 Onion  
1 Red / Green Pepper  
1 Courgette

## Method

1. Weigh and measure out all the ingredients accurately.
2. Prepare the vegetables:
  - Slice the spring onions
  - Cut sugar snap peas in half
  - Crush the garlic
  - Prepare any other vegetables of your choice
3. Using a red chopping board and red handles knife, cut the chicken / beef / pork into small even size chunks.
4. Place a saucepan at the front of the hob, **DO NOT** turn on.
5. Add the spring onions, garlic and chicken / beef / pork / prawns. Add the oil and fry for 3 to 4 minutes. If you have prepared any additional vegetables, fry these to.
6. When the chicken / pork has turned 'white' or the beef has turned 'brown', stir in the green curry paste, followed by the sugar snap peas.
7. Half fill a small saucepan with water and place at the back of the hob. Bring to the boil.
8. Pour in the coconut milk and simmer for 15 minutes.
9. Bring the saucepan of boiled water to the front of the hob, add in the rice, return to the heat and simmer for 12 minutes.
10. Cut the lime in half. Squeeze the lime and pour over the curry.
11. Tear the coriander and add to the curry.
12. Using a colander drain the water from the rice. Wash in boiling water to remove any excess starch.
13. Serve the rice and Thai green curry.

## Top Tips

- For a vegetarian curry, replace the chicken with Quorn pieces, chickpeas and / or mushrooms?
- Try different vegetables, try frozen peas, runner beans or soy beans.