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THAI GREEN CHICKEN CURRY

Thai Green Chicken Curry is a Thai favourite you can make at home, as spicy or mild as you like it as an alternative to getting a take-away.

Serves 4

Per serving: 305 calories, 4.7g fat (excluding accompaniments)

Prep time 25 mins

Marinating time 1 hour

Cook time 30 mins

INGREDIENTS

4 large skinless chicken breasts, cut into pieces
1 large red onion, finely chopped
1 tbsp tamarind paste or hot fruit chutney
4 kaffir lime leaves
1 x 400ml can reduced-fat coconut milk
1 tbsp cornflour
2 tbsps chopped fresh coriander

For the curry paste:

3 garlic cloves, peeled
1 tbsp ground coriander
1/2 tsp ground turmeric
1/4 tsp fenugreek seeds or ground fenugreek
2 - 3 small whole fresh green chillies
seeds removed from 8 crushed cardamom pods
2 tpsps chopped fresh lemongrass
2 tpsps vegetable stock powder

METHOD

1. Make the paste by grinding all the ingredients in either a food processor or liquidiser. Scrape the paste into a bowl, then rinse out the food processor bowl with a little water.
2. Add the chicken pieces to the paste and mix well. Allow to marinate for a minimum of 1 hour or ideally overnight.
3. In a non-stick pan dry-fry the onion until soft, then add the chicken and cook for 5 - 6 minutes, stirring continuously. Add the remaining ingredients except the cornflour and fresh coriander.
4. Slake the cornflour with a little cold water and stir into the sauce. Simmer gently for 15 - 20 minutes until the sauce thickens and the chicken is cooked through. Just before serving, stir in the fresh coriander.
5. Serve with boiled basmati rice.

Marinating the chicken overnight maximises the flavour of this very spicy curry. For a milder taste substitute green peppers for the green chillies. Once cooked, the curry can be stored chilled or frozen and reheated as required.

