

Thai Chicken Curry – lesson 1

Ingredients

2 onions
A selection of vegetables (sweet potatoes/red pepper/courgettes/peas/green beans/mushrooms/ sweetcorn)

Notes

- **Please wash all vegetables at home.**

Method

- 1) Chop onions
- 2) Prepare all other vegetables



Thai Chicken Curry – lesson 2

Ingredients

2tbsps oil
2tbsps curry paste (Thai green/red-these are hotter than other curry pastes)
400ml tin coconut milk or cream
2tbsps soy sauce
2 large or 4 small chicken breasts
½ lime

To Serve

Chopped coriander/rice/noodles/natural yoghurt/naan

Notes

- **Use low fat coconut milk if desired and/or replace oil with low calorie spray if desired.**
- **Please bring 2l plastic container with a sealed lid to take home**
- **Check allergies of consumer before serving.**

Method

- 1) Remove skin from chicken and cut into cherry sized pieces.
- 2) Heat the oil in a pan, add the onion and chicken pieces and gently fry for 10mins.
- 3) Add the curry paste and stir until the meat is covered.
- 4) Add vegetables.
- 5) Add coconut milk, a squeeze of lime and soy sauce to taste.
- 6) Simmer until the meat and vegetables are cooked.
- 7) Ensure that meat is cooked by using a food thermometer

