

Chicken Red Thai Curry



Ingredients list

- 1 tbsp sesame oil
- 1 onion
- 2 garlic cloves
- 5cm piece ginger
- 5 tbsp Thai red curry paste
- 1 red bell pepper
- 150g pack sugar snap peas or green beans
- 4 or 5 pieces of baby corn
- 1 chicken breast (or prawns if you prefer)
- 125ml light coconut milk
- ½ chicken stock cube (to make 75ml stock)

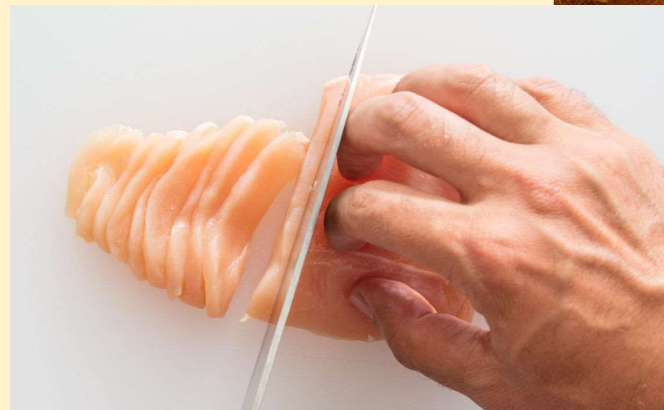
Equipment list

- Sharp knife
- Chopping board
- Grater
- Plastic spoon
- Saucepan
- Can opener (if needed for coconut milk)
- Measuring jug

Method

Prep:

- Dice the onion.
- Crush the garlic
- Grate the ginger
- Slice the bell peppers
- Slice in half (long-ways) the baby corn
- Slice the chicken breast.



Method

1. Heat the sesame oil in a large frying pan over a medium-high heat and add the onion and cook until soft but not browned.
2. Add the garlic, ginger, and red curry paste. Cook for 1 min until combined.
3. Add the sliced red bell pepper, baby corn, and chicken (or prawns). Continue to cook for 4-5 mins, stirring occasionally, until the chicken is golden brown.



Method

4. Pour the coconut milk and chicken stock into the pan. Bring to the boil, then simmer for 5 mins.
5. Add the sugar snap peas (or green beans) and continue cooking for a further 10 mins, until the chicken is cooked through.

