

Chicken or Prawn Thai Green Curry



Ingredients list

- Sesame oil for cooking (school can provide)
- ½ inch fresh ginger
- 2 garlic cloves
- ½ jar Thai green curry paste
- 1 tin coconut milk
- 1 Chicken fillet or 1 pack of prawns (raw or cooked)
- 1 pack Baby corn
- 1 bell pepper
- 1 onion
- 1 pack green beans or mangetout or sugar snap peas

Equipment list

- Sharp knife
- Red chopping board
- Brown chopping board
- Sauce pan
- Plastic spoon
- Bits bowl

Method

1. Using your brown chopping board:
 - Cut all pepper and onion vegetables into thin strips
 - Cut your baby corn in half so it cooks quicker
 - Cut your garlic and ginger into VERY small pieces
2. Using your red chopping board, cut your chicken into strips. (if using prawns, keep to one side)
3. In your frying pan, place the oil and fry your chicken/prawns until fully cooked
4. Next add the pepper, baby corn and onion into the frying pan and sauté until soften.
5. Add the garlic and ginger and sauté for a further 4 mins.
6. Add the Thai green paste and the coconut milk.
7. Add the green beans/mangetout to the frying pan, cover with the sauce and allow to simmer for 5-10mins

