

Thai Green Curry Recipe

(*Gaeng Khiao Wan Gai*)

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Note:

These are the recommended amounts required for a meal for **four** people. Please adjust the amounts accordingly for more or less people.

Ingredients:

500g skinless, boneless chicken (in bite sized pieces)

1 tablespoon Vegetable oil

1-3 tablespoons Green curry paste

1 tablespoon Palm sugar

1-2 stalks Lemongrass

200g Thai Eggplant

6-8 Kaffir lime leaves, torn into pieces

400ml (1can) Coconut milk

2 tablespoon of Thai fish sauce

Small handful of Coriander, roughly chopped

Thai Basil and Thai Red Chillies (optional)



Cooking Time: 30 minutes to 1 hour.

Method:

1. Cut the chicken up into smallish bite size pieces (*Tip: try and use breast or leg meat*).
2. Heat the oil in a wok or large frying pan. Add the green curry paste and sugar and cook over a fairly high heat for about a minute, stirring with the lemongrass.
3. Add the coconut milk slowly, and continue to stir while cooking until a thin film of oil appears on the surface.
4. Reduce the heat slightly and stir in the chicken and other ingredients except the eggplant. Bring to a boil and cook until the chicken begins to change colour. Adjust the flavours to suit yourself.
5. When it is at a boil again add the eggplant and continue till the chicken is cooked through.
6. The curry is now best left to sit for a few minutes so the sauce becomes creamier. You will also taste the true flavours of the curry paste ingredients when it's slightly cooler.
7. Garnish with Thai basil and chopped Thai red chilli. Serve with lots of fragrant Thai jasmine rice.