



Thai Chicken Green Curry



Ingredients Curry Paste Base

- 2 cloves garlic, peeled
- 1 knob ginger, peeled
- 1 lemongrass stalk, trimmed
- 2 long green chilli
- ½ knob galangal, peeled 1 finger turmeric, peeled
- 2 coriander roots, washed and dirt scraped off
- 1 red shallot, peeled
- 1 tsp white pepper corns
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- Roughly chop all the vegetables and place in a mortar and pestle with the dry spices. Pound until you have a smooth paste. This will take a while!

To Finish The Curry

- 1/3 cup vegetable oil
- 1/3 cup chopped palm sugar
- 1/3 cup fish sauce
- 2 tins coconut cream or milk *you can add more depending on how creamy/thin you like your sauce
- 700g boneless chicken thigh, skin off, trimmed and cut into 2cm pieces
- 400g green beans (or other green vegetables from the garden), trimmed and cut into 2cm pieces
- ½ lime
- 1 cup Thai basil or coriander or both

Preparation

1. Heat the vegetable oil in a heavy based, medium sized saucepan over a medium heat. Add the paste and fry, stirring regularly until a golden brown colour and very fragrant. This will take about 30mins and the base will start to stick to the bottom of the pan, that's ok.
2. Add palm sugar and fish sauce and cook for a few minutes.
3. Add coconut cream and stir well, scraping off the bottom bits. Bring to the boil.
4. Adjust seasoning by adding more fish sauce or palm sugar.
5. Add chicken and simmer for 5 minutes.
6. Add beans and simmer a further 3-4 minutes.
7. Squeeze in lime juice just before serving with rice and herbs.
8. Servers 4 as a main meal.

