



Thai Green Curry



Equipment list



- A large saucepan
- Chopping board
- Sharp knife (safety with carrying and washing)
- Wooden spatula for stirring
- A plate for rubbish
- Garlic crusher (share)
- Tin opener

Ingredients needed

- Little oil for frying
- 4 spring onions
- 2 clove garlic
- A mix of little sweetcorn and green beans
- 2 chicken breast/ quorne pieces/ (could try tofu?)
- 2 tbsp thai green curry paste
- 200ml coconut milk (low fat)
- ½ lime
- Fresh coriander, few sprigs



Process: Thai Green Curry



- Peel and slice spring onions, peel and crush garlic put into a big pan with 1 tablespoon/dribble of oil.
- Slice chicken into finger like strips and fry gently with the onion and garlic, medium heat for 5 minutes.
- **Remember SAFETY! Turn the saucepan handle inwards.**
- Slice sweetcorn and beans into bitesize lengths.
- Stir the curry paste into the pan and **gently** fry whilst stirring
- Stir in $\frac{1}{2}$ can of coconut milk, stir it in the can first! Season with salt and pepper.
- Add in the sweetcorn and beans.
- Bring to a simmer and bubble gently on a low heat, for 25 minutes, make sure chicken is white in the middle and sauce creamy. Taste to check seasoning.
- Wash and clear away, put equipment back in correct places!.



Reheating

- Reheat well at home either in the microwave or in a pan until piping hot.

