

Thai Green Chicken Curry

1 tablespoon vegetable oil
1 onion, finely chopped
3 cloves garlic, minced
1 tablespoon ginger, minced
2-3 tablespoons green curry paste (adjust to taste)
1 can (400 ml) coconut milk
1 cup vegetable or chicken broth
2 cups mixed vegetables (bell peppers, broccoli, carrots)
450g Chicken
2 tablespoons fish sauce or soy sauce for a vegan option
1 tablespoon brown sugar
Juice of 1 lime
Fresh basil leaves for garnish
Cooked jasmine rice or rice noodles for serving

Instructions

1. Heat oil: in a large pan over medium heat, add the vegetable oil.
2. Cook aromatics: once hot, add the chopped onion, garlic, and ginger, sauté for about 3-5 minutes until fragrant and translucent.
3. Add curry paste: stir in the green curry paste, allowing it to cook for about 1-2 minutes to release its robust flavours.
4. Incorporate coconut milk: gradually pour in the coconut milk, stirring to incorporate fully with the aromatics.
5. Add broth: mix in the vegetable or chicken broth. Bring the mixture to a gentle simmer.
6. Add protein: introduce your chosen protein to the pan. Cook for about 10 minutes or until fully cooked through.
7. Mix in vegetables: once the protein is nearly cooked, add the mixed vegetables. Cook for another 5-7 minutes until they are tender.
8. Finish with flavour: stir in the fish sauce, brown sugar, and lime juice. Adjust seasoning to your preference.
9. Serve: remove from heat and let it sit for a few minutes before serving.