

Thai Chicken Curry and Rice



Ingredients

300g Butternut Squash

200g Mangetout

530g Chicken Breast

15ml Vegetable Oil

5ml Green Curry Paste

200ml Coconut Milk

10g Coriander

1 Lime

350g Long Grain Rice

1L Water



Instructions

Start by peeling and washing the vegetables and the fresh coriander before zesting half of the lime.

Slice the chicken breasts into small equal sized pieces about 1cm thick.

Fry the paste in a shallow pan and then add the chicken. Stir this until the chicken is cooked thoroughly and evenly coated with the green curry paste.

Chop the vegetables and add them to the mix, stirring for 2 minutes. Next add the lime zest and coconut milk before simmering for 10-15 minutes until the sauce starts to thicken.

Whilst the mixture is thickening boil a saucepan and start cooking the rice.

Finely chop the coriander and squeeze the juice of one lime into the sauce. Drain the cooked rice and serve the chicken curry mixture on top.

Recipe Source: Bright Horizons Family Cookbook

