

Thai Chicken Curry

Serves 4

4 Chicken Breasts
1 tbsp Groundnut, Coconut or Rapeseed Oil
1 Onion
1 clove Garlic
1 or 2 Red Chillies
1 Red Pepper
1 Yellow Pepper
1 tsp Lemon Grass Paste
1 thumb Fresh Ginger
1 tbspn Fish Sauce
Juice of 1 lime
1 tin Coconut Milk
1 handful Fresh Coriander
Salt and Pepper



- Finely chop onion and garlic.
- Place in blender with grated ginger, chilli, fish sauce and lime juice.
- Slice peppers.
- Fry Thai paste in the groundnut, Coconut or rapeseed oil.
- Slice chicken breasts and add to Thai paste in oil.
- Toss in paste and simmer to cook through.
- Add coconut milk to chicken and simmer to thicken.
- Add the peppers and stir through to cook for 3 minutes.
- Add chopped coriander.
- Serve on basmati rice.
- Serve topped with fresh tomatoes and spring onions.