



Thai green chicken curry



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g coconut milk canned
- ☐ 3 tbsp curry paste green well (see 'Goes with' recipe below – you will need more if you buy ready-made paste)
- ☐ 800 g chicken thighs skinless cut into three
- ☐ 6 kaffir lime leaves shredded
- ☐ 3 lemon grass finely chopped
- ☐ 25 g galangal sliced
- ☐ 1 tbsp coconut sugar
- ☐ 1 tbsp fish sauce

- ☐ 1 handful pea-mond dressing diced
- ☐ 1 small bunch thai basil

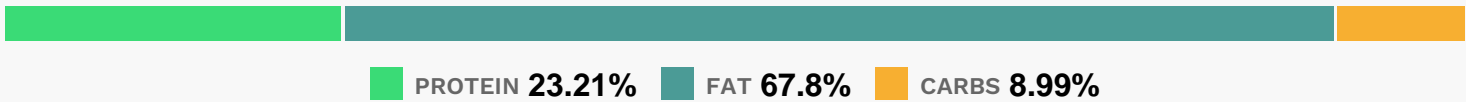
Equipment

- ☐ wok

Directions

- ☐ Scrape the thick, fatty part of the coconut milk into a warm wok. Cook it slowly, stirring all the time, until it starts to bubble and sizzle and just begins to split.
- ☐ Add the green curry paste and cook for 3–4 mins until the paste starts to release the true smell of South-east Asia.
- ☐ Add the chicken and stir well, coating it all in the paste.
- ☐ Add the rest of the coconut milk, lime leaves, lemongrass, galangal, palm sugar and half the fish sauce.
- ☐ Let the sauce bubble for about 10 mins, until the oil in the coconut milk starts to come through to the surface and the chicken is cooked.
- ☐ Add the pea aubergines and the rest of the fish sauce and cook for 5 mins more. Scatter on the Thai basil and serve with some jasmine rice.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:30.518695582514%

Nutrients (% of daily need)

Calories: 731.59kcal (36.58%), Fat: 56.68g (87.2%), Saturated Fat: 44.61g (278.84%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 12.03g (4.37%), Sugar: 9.69g (10.77%), Cholesterol: 190mg (63.33%), Sodium: 567.89mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.67g (87.33%), Manganese: 2.09mg (104.73%), Selenium: 58.05µg (82.93%), Vitamin B3: 12.85mg (64.27%), Phosphorus: 579.61mg (57.96%), Vitamin B6: 0.98mg (49.01%), Vitamin A: 1926.18IU (38.52%), Copper: 0.66mg (33.23%), Magnesium: 131.54mg (32.88%), Iron: 5.58mg (31.01%), Potassium: 1062.67mg (30.36%), Zinc: 4.49mg (29.95%), Vitamin B5: 2.78mg (27.78%), Vitamin B12: 1.3µg (21.69%), Vitamin B2: 0.36mg (21.37%), Fiber: 4.86g (19.46%), Vitamin B1: 0.24mg (15.74%),

Vitamin K: 14.3µg (13.62%), Folate: 46.99µg (11.75%), Vitamin C: 7.03mg (8.52%), Calcium: 73.72mg (7.37%), Vitamin E: 0.68mg (4.51%)