



The ultimate makeover: Thai green chicken curry



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 g coriander separated
- ☐ 2 shallots finely chopped
- ☐ 1 lemongrass finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1 piece cm root ginger fresh finely chopped
- ☐ 3 small chillies green hot finely chopped (include the seeds)
- ☐ 1 small handful basil leaves

- ☐ 0.5 tsp ground cumin and coriander
- ☐ 0.3 tsp pepper black
- ☐ 1 tsp freeze-dried kaffir lime leaves crumbled
- ☐ 1 tbsp juice of lime
- ☐ 1 tsp unrefined sunflower oil
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 400 ml can coconut milk reduced-fat canned
- ☐ 3 chicken breasts boneless skinless cut into bite-size pieces (450g 1lb total weight)
- ☐ 2 tsp fish sauce
- ☐ 0.5 tsp muscovado sugar light
- ☐ 4 freeze-dried lime leaves
- ☐ 100 g mange tout thinly sliced
- ☐ 100 g green beans halved
- ☐ 2 spring onion shredded finely
- ☐ 250 g thai fragrant rice cooked
- ☐ 4 servings lime wedges
- ☐ 1 large r green finely chopped (include the seeds)

Equipment

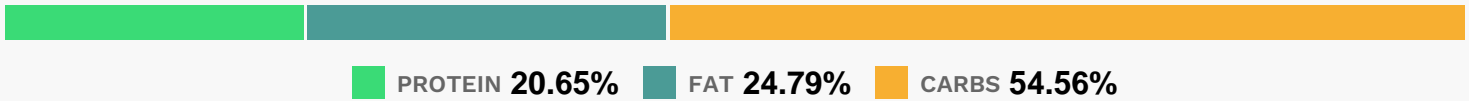
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ wok

Directions

- ☐ For the curry paste, finely chop the coriander stalks and put them into a mini food blender or small food processor with the shallots, lemongrass, garlic and ginger. Pulse until as smooth as you can get it.

- ☐ Add the chillies, basil, threequarters of the coriander leaves, the ground cumin, coriander, pepper, lime leaves and lime juice, then pulse again.
- ☐ Mix in the oil and set aside. You will only be using half of this paste, the rest can be chilled for a couple of days, or frozen for up to a month.
- ☐ For the curry, heat the oil in a non-stick wok or deep saut pan, stir in half the curry paste, then stir-fry for 1 min. Shake the coconut milk in its can, open, then pour two-thirds into the pan.
- ☐ Let it bubble away for 4-5 mins, stirring now and then, until reduced and thickened slightly.
- ☐ Tip in the chicken, then stir-fry for 1-2 mins until no longer pink. Stir in the fish sauce and sugar, then pour in the rest of the coconut milk to give a thinnish, creamy sauce. Lower the heat, add the lime leaves, then simmer for 5 mins to gently finish cooking the chicken. Can be frozen at this point for up to 1 month.
- ☐ While the chicken simmers, steam the mangetout and beans for a couple of mins.
- ☐ Serve the curry in bowls with some of the veg piled on top (serve the rest separately) along with the spring onions and the rest of the coriander leaves.
- ☐ Serve with a bowl of Thai fragrant rice and lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:96.3, Glycemic Load:31.41, Inflammation Score:-7, Nutrition Score:21.694347840288%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 493.19kcal (24.66%), Fat: 13.17g (20.26%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 65.24g (21.75%), Net Carbohydrates: 60.75g (22.09%), Sugar: 5.19g (5.76%), Cholesterol: 54.24mg (18.08%), Sodium: 565.72mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.39%), Selenium: 37.65µg (53.79%), Vitamin B3: 10.42mg (52.08%), Manganese: 1.01mg (50.38%), Vitamin K: 47.85µg (45.57%), Vitamin B6: 0.91mg (45.26%),

Vitamin C: 30.07mg (36.45%), Phosphorus: 291.53mg (29.15%), Vitamin B5: 2.18mg (21.81%), Vitamin A: 900.57IU (18.01%), Fiber: 4.49g (17.98%), Potassium: 617.06mg (17.63%), Vitamin E: 2.52mg (16.82%), Magnesium: 64.01mg (16%), Iron: 2.29mg (12.7%), Copper: 0.25mg (12.27%), Vitamin B1: 0.18mg (11.86%), Vitamin B2: 0.18mg (10.86%), Folate: 41.88µg (10.47%), Zinc: 1.48mg (9.85%), Calcium: 64.08mg (6.41%), Vitamin B12: 0.18µg (3.06%)