

## *FIT NUTRITION*

### *Chicken Coconut Curry*

#### Ingredients:

- 3 tablespoons Coconut Oil
- 2 cloves of garlic, minced
- 1 large onion, chopped
- 1 large red pepper, chopped
- 1 large aubergine, cut into 1 cm cubes
- 300 grams green beans, steamed and halved
- 4 chicken breasts (about 450 grams), cubed
- 2 cans of coconut milk
- 4 tablespoons Nuoc Mam (fish sauce)
- 1 handful of Thai basil
- 1 handful of fresh coriander
- Sea Salt to taste

½ batch Thai Green Curry paste (recipe follows)

#### Method:

1. Put a large pan on medium heat. Heat the coconut oil for a few minutes. Add the minced garlic and chopped onion, stirring often, careful not to burn. Cook 5 minutes.
2. Add in the chopped red pepper and aubergine and sauté for another 5-10 minutes. Tip vegetables into a bowl and set aside.
3. Return the pan to medium heat and add 2 tablespoons of coconut oil. Add in the chicken. Sautee until golden brown. Add the Thai Green Curry paste and the fish sauce. Let cook, coating all the chicken, for 5 minutes.
4. Add in the 2 cans of coconut milk, the vegetables, and the green beans. Bring to a simmer and let cook 30-40 minutes, until the green beans are tender and coconut broth thickens slightly.
5. Add a few pinches of sea salt to taste. Adjust seasoning. Add more Thai green curry paste if necessary.
6. Finish off the Thai Basil leaves and fresh coriander
7. Serve with steamed Jasmine rice. Serves 4-6

## ***Thai Green Curry Paste***

### Ingredients:

- 4-6 green chilies, de-seeded and roughly chopped (for a milder curry paste, you can substitute green chilies in a jar)
- 1 bunch green onions, chopped, use bottoms and half of green tops
- 5cm piece of fresh ginger, peeled and grated
- 2 cloves of garlic, minced
- 1 small bunch of coriander, stalks attached
- 2 stalks of fresh lemongrass, chopped
- 1 lime, grated zest, plus juice
- 8 kaffir lime leaves, julienned
- 2.5 cm piece of galangal ginger, chopped (if available)
- 1 tbsp. coriander seeds
- 1 tsp. ground cumin
- 1 tsp. black peppercorns, crushed
- 2 tsp. Thai Fish Sauce
- 3 tbsp. avocado oil (or vegetable oil)

### Method:

1. Place all of the ingredients in a food processor and blitz to a paste. Use straight away or store in a jar in the fridge for up to 3 weeks. This quantity is enough for a curry for 8 people. It also makes a great accompaniment to grilled meats and fish.

Easier, less spicy version:

Instead of using the Thai green curry paste:

Add in 2 stalks of lemongrass, chopped and 2cm piece of ginger, peeled and grated.

Substitute or add in more vegetables: Bok choy, broccoli, cauliflower, spinach, mange tout. You can also substitute prawns or a firm white fish for the chicken breasts.

Don't be afraid to make the recipe your own!