

Cambodian Chicken Curry

This tasty recipe has been put together by Tom, our Healthy Habits Coordinator, with a little help from his daughter. For more great health and wellbeing tips from Tom and the Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

Kit

- Blender
- Frying pan and spoon
- Chopping board and knives
- Teaspoon for tasting

Paste

- 20-40g of red chilli (start with 20g to assess heat, you can always spice it up with curry powder towards the end if needed)
- 1 chicken stock pot (use a vegetable stock pot for a vegetarian alternative)
- 1 tbsp. lime juice
- 30ml water
- 1 tbsp. apple cider/white wine/rice vinegar
- 20g garlic
- 20g ginger

Curry

- 4 lemon grass stalks (remove before serving)
- 1 tsp. coconut oil or vegetable oil
- 500g chopped chicken breast (use sweet potato or tofu for a vegetarian alternative)
- 400 ml light coconut milk
- 1 tsp. sugar
- Handful of chopped green beans
- Lime wedges (optional)



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Stages

1. To make the Cambodian curry paste you'll need to blitz the paste ingredients in a blender until you have a smooth consistency. Once blended, set aside.
2. Heat the coconut/vegetable oil in a pan on a high heat and add the chicken and cook until brown. If using the sweet potato option I would par boil these first then briefly cook in pan before moving on to the stage 3. For the tofu option I would briefly cook till slightly browned.
3. Reduce the heat to medium and add the paste to the pan, stirring consistently and cook for 3 minutes more.
4. Add the coconut milk and sugar to the pan. Throw in the Lemon Grass too (after topping and tailing plus removing outer layer) but remember to fish it out at the end.
5. Reduce heat and simmer for 20 minutes until thickened.
6. Throw a handful of chopped green beans into the curry and cook for 5 minutes more.
7. Serve by itself in a bowl or with rice. (Take the lemon grass stems out before you serve it to folk)

This recipe should make 3 portions, depending on the appetites of you and you're guests. You can double the amount of chicken without having to alter the rest of the ingredients too much to bulk it out for "ready meals" that you can freeze as part of your meal prep.

When you are tired or can't be bothered to cook these healthy home cooked "ready meals" will be really useful.

Feel free to add extra veg such as mushrooms or peppers etc. and adjust the spices and flavourings to suit your own taste.

