

Green Thai 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.

Paste ingredients

- 1 tsp. of ground coriander
- ½ tsp. of ground cumin
- 3 garlic cloves
- 3 shallots (peeled)
- 4 green chillies, (de-seeded if you don't like it very hot)
- 20g of chopped ginger.
- 1 tsp. of turmeric
- 1 tsp. of lemon grass paste.
- Juice of ½ squeezed lime
- 1 chicken stock pot

Curry ingredients

- 1 x 400g can coconut milk
- 3 tsp. light brown soft sugar
- 950g pack of chicken breasts, roughly cut up
- 2 tsp. fish sauce
- 100g green beans, cut in half
- Juice from ½ squeezed lime.
- 1 red chilli, finely sliced or blitzed up
- 2 stems of lemon grass (remove before serving)
- 100g mushrooms (optional)



Method (Slow Cooker)

1. Take all the paste ingredients and put in a blender with some water. Blitz till you have a smooth paste.
2. Pour the paste in the slow cooker and then add all the main curry ingredients.
3. Stir every hour or so.
4. Remove the lemon grass stems and discard before serving up either on its own or with rice.
5. This recipe does 4 portions for me, so a good way to meal prep and freeze some tasty/healthy ready meals.

Method (Pan)

1. Get all the paste ingredients and put in a blender with some water. Blitz till you have a smooth paste.
2. Pour the paste into a pan and heat through whilst you cut up your chicken. Add the chicken to the paste and heat through.
3. Add the remaining curry ingredients and stir through.
4. Allow to simmer away for 20-30 minutes according to taste. Try the sauce as you go and add ingredients to flavour according to your personal taste.
5. Remove the lemongrass stems and serve the curry either on its own or with rice.