

Easy Thai green Curry!



Serves	Prep Time	Cooking	Total Time	Calories
4 people				517 kcal

Stuff that's in it:

- Thai Curry Paste Ingredients:
 - 1 Lime (Juice And Zest)
 - 4 Garlic Cloves (Roughly Chopped)
 - 30G Green Chilli (Roughly Chopped)
 - 7G Root Ginger (Sliced)
 - 3 Tbsp Fresh Coriander
 - 60G Shallots (Roughly Chopped)
- 2 Sticks Lemongrass (Outer Shells Removed, Chopped)
 - 15Ml Fish Sauce
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- 600G Chicken Breast (Cut Into Cubes)
- 359G Butterbut Squash And Sweet Potato (Chopped Into Tiny Cubes)
 - 100G Raw Jumbo Prawns
 - 140G Aubergine (Chopped)
 - 1 Can Light Coconut Milk
 - 200Ml Veg Stock
 - Small Amount Water

- 100G Fine Green Beans (Chopped)
- 200G Basmati Rice

What you do:

Start by making the paste, using a mini blender , add all the paste ingredients and blitz to a smooth-ish paste, put to one side.

Add a squirt of oil to a wok or deep bottomed pan and heat. Add the squash and sweet Potato and soften for a few minutes, adding a splash of water to help steam cook. Add the aubergine and stir through for a few minutes. Make sure your rice is ok to cook around now, cook according to instructions. Add the curry paste and heat through and season. Add the coconut milk gradually, you don't need to add all the coconut water if you don't want to. Add the chicken and the prawns and stock, bring to boil and simmer until cooked through, adding the green beans towards the end. Serve into 4 Portions with the rice.

Nutrition

- Carbs: 59g
- Fat: 11g
- Protein: 49g

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