



U C O O K

— COOKING MADE EASY

Easy-Breezy Thai Green Chicken

with brown basmati rice, patty pans & charred aubergine

A timeless dish that takes less time! Charred aubergine, patty pans, and chicken mini fillets become rich with flavour in a creamy Thai green curry sauce. Garnished with fresh basil and spooned over wholesome brown rice and plump peas.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba



Health Nut

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Ingredients & Prep

200g	Aubergine <i>rinsed & cut into bite-size chunks</i>
5ml	Vegetable Stock
75ml	Brown Basmati Rice
50g	Frozen Peas
60g	Patty Pans <i>rinsed, trimmed & quartered</i>
15ml	Thai Green Curry Paste
100ml	Coconut Cream
150g	Free-Range Chicken Mini Fillets
4g	Fresh Basil <i>rinsed & roughly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. JUST A LITTLE PREP Boil the kettle. Place the aubergine chunks in a colander and sprinkle with salt. Set aside for at least 10 minutes to release the bitter juices (this process is called degorging). On completion, pat the chunks dry with some paper towel to remove the liquid and excess salt. Dilute the stock with 65ml of boiling water and set aside for step 3.

2. BUBBLE THE BASMATI Rinse the rice and place in a pot over a medium-high heat. Submerge in 200ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork. Stir through the peas until heated.

3. THAI GREEN GOODNESS Once the aubergine has been patted dry, place a pot over a medium heat with a drizzle of oil. When hot, fry the aubergine and quartered patty pans for 2-3 minutes until starting to brown, shifting occasionally. Add the curry paste to taste and fry for 30-60 seconds until fragrant, shifting constantly to coat the veg. Pour in the coconut cream and diluted stock, and mix until the paste has been incorporated into the liquid. Pop on a lid and simmer for 4-5 minutes until the veg is cooked through and the curry flavours have fully developed.

4. POP IN THE CHICKEN & FINISH UP Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with some paper towel. Once the curry has finished simmering, submerge the chicken in the sauce and simmer for 5-6 minutes until cooked through. On completion, season with salt, pepper, and a sweetener of choice to taste. Remove from the heat.

5. THAI CURRY NIGHT! Dish up some warm basmati rice and peas. Smother in the veg-packed Thai chicken curry and garnish with the fresh, sliced basil. Good job, Chef!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels and gradually add in any remaining curry paste if you'd like to increase the heat.

Nutritional Information

Per 100g

Energy	505kj
Energy	121Kcal
Protein	8g
Carbs	13g
of which sugars	2.2g
Fibre	2.6g
Fat	4.1g
of which saturated	2.7g
Sodium	205mg

Allergens

Allium, Sulphites

Cook
within 3
Days