



# UCCOOK

## Thai Green Chicken Curry

**with green lentils, edamame beans & peanuts**

A rich and fragrant Thai green curry packed with goodness! Coconut milk forms a creamy base, whilst edamame beans, peppers and green lentils add amazing flavour. The star of the dish is tender chicken which has been cooked to the point of fall-off-the-bone-perfection!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Boschendal | Boschen Blanc

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## Ingredients & Prep

200ml	Green Lentils <i>rinsed</i>
30g	Peanuts
30ml	Thai Green Curry Paste
4	Free-range Chicken Pieces
10ml	Vegetable Stock
400ml	Coconut Milk
200g	Edamame Beans <i>shells removed</i>
100g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
8g	Fresh Basil <i>rinsed, picked &amp; roughly sliced</i>

## From Your Kitchen

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

**1. A LENTIL GIANT** Boil a full kettle. Place a pot over a medium heat with the rinsed green lentils, and 500ml of boiling water. Bring to a simmer and cook (without a lid) for 20-25 minutes until al dente, stirring occasionally. If it starts to dry out, add more water to continue the cooking process. On completion, drain if necessary and season.

**2. LET'S PREP SOME STUFF!** Place the peanuts in a deep pan over a medium heat. Toast for 3-5 minutes, shifting occasionally. Remove from the pan on completion and roughly chop. In a shallow bowl, combine  $\frac{1}{3}$  of the curry paste with 2 tsp of oil and seasoning. Add the chicken pieces, gently coat with the paste and set aside to marinate until frying. Dilute the stock with 125ml of boiling water.

**3. CURRINATION CHICKEN** Return the deep pan to a medium heat with a drizzle of oil. When hot, fry the marinated chicken pieces for 5 minutes per side until cooked through. Add the remaining curry paste (to taste) and fry for 30-60 seconds until fragrant, shifting constantly. Pour in the coconut milk and diluted stock, and stir until well incorporated. Bring to a simmer and cook for 10-12 minutes until slightly thickened, stirring occasionally.

**4. GREENS, GREENS & MORE GREENS!** Add the edamame beans and pickled peppers to the curry, and mix through for 2-3 minutes until warmed through. On completion, season to taste with a sweetener of choice and some salt. Remove from the heat.

**5. HURRY HURRY, IT'S A THAI GREEN CURRY!** Serve up the fragrant Thai green curry and serve the lentils on the side. Sprinkle over the toasted peanuts. Garnish with the sliced basil. Great work, Chef!

## Nutritional Information

Per 100g

Energy	734kJ
Energy	175Kcal
Protein	12.2g
Carbs	10g
of which sugars	2.2g
Fibre	2.3g
Fat	9.7g
of which saturated	4.7g
Sodium	239mg

## Allergens

Allium, Peanuts, Sulphites, Soy

Cook  
within 3  
Days