



UCOOK

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!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Boschendal | Boschen Blanc

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Ingredients & Prep

300ml	Green Lentils <i>rinsed</i>
45g	Peanuts
45ml	Thai Green Curry Paste
6	Free-range Chicken Pieces
15ml	Vegetable Stock
600ml	Coconut Milk
300g	Edamame Beans <i>shells removed</i>
150g	Pickled Bell Peppers <i>drained & roughly chopped</i>
12g	Fresh Basil <i>rinsed, picked & 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 600ml 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 3 tbsp of oil and seasoning. Add the chicken pieces, gently coat with the paste and set aside to marinate until frying. Dilute the stock with 170ml 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 15-20 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