

Recipes and Tips



Thai Green Curry with Pak Choi

Serves 2

1 carrot
Green beans
Bean sprouts (optional)
2 pak choi
2 garlic clove
2 Tablespoon lime juice
½ lb chicken or tofu
Several tablespoon of thai green curry paste (to taste)
1 can coconut milk
Stock cube
2 Tablespoon soy sauce
½ cup water

- Trim the pak choi, then separate the leaves. Cut each leaf in half lengthways down the middle. Cut carrot into disks. Cut green beans.
- Start rice.
- Heat a drizzle of oil in a large frying pan on high heat. Add the pak choi and stir-fry until just soft, 3-4 mins.
Once the pak choi is tender, add the carrot, green beans and bean sprouts and stir-fry until starting to soften 2-3 mins.
- If using raw chicken add the diced chicken now and cook until the chicken is browned all over, 5-6 minutes.
- Stir in the garlic and Thai green style curry paste and cook for 1 min.
- Add the coconut milk, crushed stock cube and water to the curry. Bring it to a boil, turn the heat down and simmer. If using tofu add now to warm through while the sauce thickened, 3-4 mins.
- Season to taste with a squeeze of lime juice, the soy sauce, salt and pepper.