



Helping you put healthy food in your tummy

Thai Panang Curry

Serves 2

INGREDIENTS

- 1 pouch frozen **Yummy Yummy Panang Curry Paste** *Allergens: Crustaceans, Fish, Peanuts*
- 350 g chicken, beef or pork, thinly sliced
- 300 to 400 ml coconut milk (see notes)
- Steamed jasmine rice, to serve

METHOD

1. Heat half the coconut milk in a wok or wide saucepan over a medium heat. Let it bubble until it thickens and starts to release its oil (approximately 5 minutes).
2. Add the curry paste to the coconut milk straight from the freezer. Stir until the paste melts (approximately 3 minutes), then cook for a further 3 minutes, stirring as needed. You should start to see red oil separating from the paste.
3. Stir in the remaining coconut milk. Simmer for 10 minutes until the sauce is nicely reduced.
4. Add your protein and simmer gently until cooked through.
5. Taste the sauce. The paste is already seasoned with palm sugar and fish sauce, but if you'd like it a little saltier or sweeter, add a pinch of salt or sugar to taste.

NOTES

This curry should have a thick, creamy sauce that coats the meat.
Use 300 ml coconut milk, or more if you like it milder and creamier.
Panang curry is typically served without any vegetables.