



Helping you put healthy food in your tummy

Thai Red Curry

Serves 2

INGREDIENTS

- 1 pot frozen **Yummy Yummy Red Curry Paste** *Allergens: Crustaceans, Fish*
- 300 g chicken or beef, thinly sliced, or prawns
- 200 g vegetables
- 250 ml coconut milk
- 200 ml water
- Thai basil (optional), to finish
- 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, then add the water.
4. Once simmering, add your protein and vegetables and simmer gently until cooked through. If using prawns, add them for the last 2–3 minutes only so they stay tender.
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.
6. Stir in Thai basil, if using, once the curry is off the heat.

NOTES

This curry should have a light, soupy sauce, and you should see the red oil on top of the curry. Traditionally made with Thai egg and pea aubergines – not easy to find in Brockham! Try this curry with duck breast, pineapple and cherry tomatoes.