



GLOBAL PRINCIPAL PARTNER

**Nutritious Recipes
brought to you by
AIA and School of Wok**

GREEN CHICKEN CURRY





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NUTRITIONAL BENEFITS

- ✓ Rich in anti-oxidants (Vitamin A), good for the heart and lowers risk of infection
- ✓ Anti-inflammatory benefits from spices
- ✓ High in fibre, aiding digestion and promoting bowel health
- ✓ Immune system booster due to garlic and ginger
- ✓ High in protein, essential for your body to build and repair tissue

Ingredients

(serves 4-5)

Curry Paste

- 8-10 green fresh chillies
- 2 tbsp shallot
- 1 tbsp garlic
- 25g chopped galangal
- ½ tsp chopped lemongrass
- 1 tsp lesser ginger
- ½ tsp shrimp paste
- ½ tsp chopped kaffir lime peel
- 1 tsp chopped coriander root
- ½ tsp turmeric root

Curry

- 400g chicken (or white fish fillets, cut into chunks)
- Curry paste
- Handful of sugar snaps
- 4 baby corns
- 1 can of coconut milk
- 4 kaffir lime leaf (tear off stem)
- 1 x red chilli
- 4 tbsp fish sauce
- 2 tsp sugar
- Oil for frying

Preparation (Curry Paste)

1. Put the garlic, green chillies, turmeric root into the mortar and pound well.
2. Add lemongrass, galangal, coriander root, kaffir lime peel, and pound well.
3. Add shallot, lesser ginger and pound well.
4. Add shrimp paste and pound until smooth.

Cooking

1. Put the oil into a saucepan over low heat.
2. Add the green curry paste and stirring continuously until fragrant.
3. Add chicken, pour ½ can of coconut milk & fry until the chicken is cooked.
4. Add the remaining coconut milk and bring to the boil.
5. Add the aubergines, green beans and baby corn stirring occasionally. Add the Kaffir lime leaf.
6. Season to taste with fish sauce and sugar.
7. Pour into a bowl and decorate with red chillies.

If using fish, follow the recipe, omitting the chicken and adding the fish after stage 5, simmering for 5-10 minutes or until the fish is cooked.

TIP: Add a side of brown rice which is high in magnesium, complex carbohydrates and good for your heart. Top your curry with more dark leafy vegetables for a range of anti-oxidants