



CHICKEN CURRY

INGREDIENTS

- 800 g chicken breast, roughly cut into bite-sized pieces
- 150 g store-bought massaman curry paste
- 2 cloves garlic, crushed
- 1 knob fresh ginger, peeled and finely chopped
- 1 tbs coriander seeds, crushed in a mortar and pestle
- 2 carrots, peeled and chopped
- 1 tbs coconut sugar
- Optional: 3 fresh green chillies, seeds removed and roughly chopped
- 400 ml coconut milk
- 1 tbs fish sauce
- 1 tbs freshly squeezed lime juice
- Salt and pepper to taste
- 1 cup white rice, rinsed
- 2 cups of water
- 3 tbs fresh parsley for serving

PREPARATION

1. Rinse the chicken, pat dry and season with salt and pepper in the mixing bowl.
2. Heat the pan over medium heat. Add the chicken and fry for 5 minutes or until golden brown.
3. Then add the curry paste, garlic, ginger, coriander seeds, carrots, coconut sugar and optional chilli while stirring. Pour the coconut milk in and then cover for 5 minutes.
4. Remove the lid and then let the curry simmer until the sauce has slightly reduced.
5. In the mean time, add the rice and water to the junior Sauté Pan and bring to the boil. Reduce the heat and simmer until the water has completely evaporated. Set aside.
6. Remove the curry from the heat and then stir in the fish sauce and lime juice.
7. Serve with rice in bowls and top with the fresh parsley.

Tip: for extra spice, include the seeds from the optional green chillies