



Fragrant Thai Green Chicken Curry with Basil Leaves & Basmati Rice

Thai green curry is a wonderful dish for both taste and nutritional value. This is probably Thailand's best known dish. It contains traditional ingredients to make a spicy curry, however you can leave out the red chili and put in more coconut milk if you would prefer it to be a little milder!

Nutritional Info

Calories: 670 kcal
Carbohydrates: 61 g
Protein: 45 g
Fat: 29 gg

Ingredients

- Chicken Fillet (Diced)
- Fresh Basil
- Aubergine
- Red Chilli
- Fish Sauce
- Palm Sugar
- Basmati Rice
- Coconut Milk
- Thai Green Curry Paste
- Your Pantry**
- Olive Oil
- Salt & Pepper

Allergens

Fish (Fish Sauce)
Crustaceans (Curry Paste)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Prepare the herbs & vegetables**

Pick the leaves off the basil and discard the stalks. Slice the chili on the diagonal. Chop the bottom off the aubergine, then cut it into 2cm small cubes.

2) **Cook the rice**

Place the rice in a saucepan with a lid and cover over by an inch with hot water. Bring to the boil, turn heat down to low and simmer for 10 min with lid on. Turn off the heat, remove lid and let steam for 5 min – keep warm.

3) **Cook the curry paste & chicken**

Heat the pan on a medium/high heat. Add some oil. Add the curry paste. Cook for 1 minute, until fragrant. Add in the chicken and cook for 3 minutes to seal it.

4) **Add the coconut milk, fish sauce & palm sugar**

Add half of the coconut milk and cook for 3 minutes. Then add the fish sauce and the remainder of your coconut milk. Now add the palm sugar. Stir together.

5) **Add the aubergine & basil leaves**

Add the aubergine to the curry, cover with a lid and let it simmer for 5 minutes. Hold a few basil leaves aside for garnish. Then, stir the rest through the curry.

6) **Plate the dish**

Place the rice on the plate and spoon the green curry over. Sprinkle the sliced chilli and the rest of the basil leaves on top



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