



# GREEN CURRY WITH ASIAN VEGETABLES & BROWN RICE

## Ingredients

- 750g chicken breast tenderloins
- ½ brown onion, sliced
- 1 bunch of coriander roots, chopped
- 2 garlic cloves, crushed
- A small cube of ginger, grated
- 1 x stem of lemongrass, finely chopped
- 2 tbsp green curry paste
- A handful of shallots, chopped
- A half a red capsicum, sliced
- 1 zucchini, sliced
- A handful of green beans
- A handful of your favourite Asian greens
- 420mls coconut cream
- 2 tbsp tamari
- A small handful of Thai basil leaves
- Fresh coriander to garnish
- Fresh red chili to garnish
- 1 ½ cups of brown rice – cooked as per packet

## Method

1. Steam, lightly pan fry or bake chicken – set aside. Be careful not to overcook as it will be heated again in the curry sauce and if overcooked it can become dry and tough
2. Sautee onion, coriander root, garlic, ginger, lemongrass and curry paste, cook on medium heat in a splash of sesame oil until soft.
3. Mix through shallots
4. Add coconut cream and tamari, simmer for 15-20 minutes to infuse flavours
5. Add vegetables and continue to cook for a couple of minutes,
6. Add chicken and Thai basil, heat through
7. Serve on a bed of brown rice and garnish with fresh coriander and chili