A Season of Happiness



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R149

GF Friendly

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A one-pan Thai-style red chicken curry

This recipe is borrowed from an Australian Feel Good Food magazine; I did, however, make a couple of changes. Having never tried red Thai Curry before, I thought I'd give it a go based on the success of our Recipe 145 Thai Green Curry. Anyone who wants to try them both and is colour-blind, don't worry about it - the different flavours speak for themselves.

500g chicken breast fillet, diced

3 medium potatoes, diced and pre-cooked

1 onion, coarsely chopped

95g (½ jar) Ayam Thai Red Curry Paste

400ml can coconut milk

½ cup frozen green beans

1 tsp lemon juice

½ tsp oyster sauce

1 Tbsp olive oil, or other



When boiling the potatoes, don't overcook them as they will soften up during the process.

Warm the oil in a wok and stir-fry the onion with the chicken over a medium heat for about 8 minutes. Add the curry paste, coconut milk and potatoes and combine well but carefully. You can now include the green beans. Bring this to the boil, then turn down to simmer covered for approximately 10 minutes, stirring occasionally. The lemon juice and oyster sauce go in now. As an alternative, you can substitute lime juice and Thai fish sauce, as per the original recipe. At this stage, I thought the mixture was too liquid, so I continued simmering with the lid off until the sauce had reduced and thickened slightly.

Serves 3-4 with rice or noodles, and extra vegies if you like

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