



Thai green chicken curry

Ingredients

- 1 x 10ml spoon oil
- 3 spring onions
- 1 clove of garlic
- 80g sugar snap peas
- 1 small chicken breast
- 2 x 15ml Thai green curry paste
- 200ml coconut milk (reduced fat)
- 1/2 lime
- Small bunch of coriander

Equipment

Two chopping boards, two knives, garlic press, frying pan, weighing scales, wooden spoon, can opener, juicer.

Method

1. Prepare the vegetables:
 - slice the spring onions;
 - cut sugar snap peas in half;
 - crush the garlic.
2. Cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
4. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Tear the coriander and add to the curry.
8. Serve.

Skills

Consider the skills you have used and give yourself a score of 1 to 5 for how successful you have been.

Skill	Preparing the meat	Browning the meat	Preparing the vegetables	Combining ingredients
Score				

How many groups from the Eat Well Plate are represented in this dish?

Do you think this is a healthy dish? Give reasons for your answer.