Curry in a Hurry

Gluten free
Dairy free

nom!

Serves
4-6

Cooking time
40

Veg per serve
2

Ingredients

1 brown onion
1 broccoli
 1 capsicum
30 green beans (200g)
2 chicken breasts (500g)
Spray oil
3 tbsp green curry paste
½ cup water
2 tsp fish sauce
2 tsp sugar
1 lime
1 tbsp cornflour
1 tbsp water
400mL can light coconut milk
1 small bunch coriander (leaves only)

Equipment

Chopping boards
Knife
Frypan
Spoon measures
Large spoon
Cup measures
2 small bowls
Spoon
Juicer (optional)
Can opener

Tasty learning for life

How to make it

1. Chop onion. Chop broccoli, capsicum and green beans into small pieces. On a separate chopping board, cut chicken into small pieces.

2. Spray frypan with oil and turn onto a medium heat. Add onion and 3 tbsp of curry paste and cook, stirring for 1 minute. Add chicken and cook for 5 minutes until brown.

3. Add broccoli, capsicum, green beans and ½ cup water to frypan and cook for 2 minutes, stirring occasionally.

4. In a small bowl, combine 2 tsp each of fish sauce and sugar. Add juice of half the lime and mix well. Add sauce to frypan and stir for 1 minute. Cut remaining lime into wedges.

5. In a small bowl, mix 1 tbsp of cornflour with 1 tbsp of water and add to frypan with coconut milk. Stir continuously for 5 minutes. Serve with chopped coriander and lime wedges.

FOOD BANK nom!