



Thai Green Chicken Curry

Prep Time: 30 minutes Serves: 4
Cook Time: 60 minutes
Total Time: 90 minutes

SCMS Kitchen Team

Intro text.

Ingredients

½ kg chicken thighs, diced into 2cm cubes
100g green beans, cut into 5cm pieces
400g eggplant, cut into quarters
4 tablespoons green curry paste (see recipe below)
400ml coconut milk
150ml water
2 tablespoons oil (rice bran or similar odourless oil)
4 kaffir lime leaves
1 tablespoon palm sugar, shaved
2 tablespoons fish sauce
1 handful of Thai basil leaves
Pinch of salt
1 can of bamboo shoots and/or some fresh baby corn cobs (optional)
2 red chillies, sliced (optional)



Green Curry Paste (yields ~550g, ca. 25 portions; paste will keep in freezer for 3 months):

16 whole long green chillies, seeds removed
100g shallots, peeled
50g garlic, peeled
60g lemon grass, use tender inner part of stem
60g galangal (Siamese ginger)
1 teaspoon ground turmeric
20g kaffir lime fruit rind
50g shrimp paste (belachan)
30g coriander roots
30g coriander leaves
1½ teaspoons coriander seeds
1½ teaspoons cumin seeds
1½ teaspoons white peppercorns

Method

1. Pan-roast the coriander seeds, cumin seeds and white peppercorns for 5 mins on medium heat.
2. Place the shrimp paste (belachan) in a foil parcel and roast in a 200degC oven for 5 mins.
3. Roughly chop and blitz all the Curry Paste ingredients together with ½ cup of water in a kitchen blender; add more water if needed to form a paste.
4. In a saucepan, heat the oil on high heat and fry the curry paste until fragrant, stirring frequently.

5. Add coconut milk and kaffir lime leaves and simmer on medium heat for 10 mins; then add the water and simmer for 5 more mins.
6. Add the diced chicken, fish sauce, palm sugar and salt and cook for ca. 15 mins (until chicken is ½ cooked), then add the beans and eggplant and finish cooking for ca. 10 mins. but do not overcook the vegetables!
7. Adjust seasoning by adding more palm sugar, fish sauce or salt as needed.
8. For lovers of spicy food, add some fresh cut red chillies (optional).
9. Finish off by adding Thai basil leaves before serving – best with some fragrant Basmati rice!

Recipe Notes

- Unless you have an Asian-inspired veggie garden, a trip to your favourite Asian greengrocer will be required to source all the ingredients for this recipe – do not compromise by replacing the herbs and spices for the curry paste if you want an authentic taste experience!
- The authentic Thai Green Curry recipe calls for ‘baby eggplants’ which are the size of chickpeas and are not normally available in Australia; the locally grown baby eggplants are egg-sized and worth getting if you don’t mind the higher cost (~\$9/kilo).
- If you want more veggies in your green curry, add a can of bamboo shoots and/or a some fresh baby corn cobs.
- Be warned, roasting the shrimp paste (belachan) in a foil in the oven will generate a ‘strong’ smell of rotten shellfish in your kitchen, but it is well worth for the flavour profile of the paste!
- Left-over Curry Paste will keep for 4 weeks in an air-tight container (glass jar) in the fridge, or up to 3 months in the freezer.
- Finally, if you are overwhelmed by the number of ingredients used to make the green curry paste, you could purchase a ready-made authentic paste from any Supermarket that is well stocked with Asian products (e.g. MAE PLOY Green Curry Paste).

