

# Thai Green Curry

## Ingredients

2 tablespoons of oil  
3 spring onions  
1 clove of garlic  
1 green pepper  
80g sugar snap peas or green beans  
200g diced chicken breast  
30 ml Thai green curry paste  
200ml coconut milk

**1/2 lime (optional)**

**Small bunch of coriander(optional)**

## Equipment

Chopping boards, knife, can opener, tablespoon, garlic crusher (optional), large pan, pan stand, wooden spoon

## Method

1. Slice the chicken if not already done and then wash your hands.
2. Prepare the vegetables by slicing the spring onions, cut the sugar snap peas or green beans in half, slice the green pepper and crush the garlic.
3. Add the oil to the pan and fry the chicken for 3-4 minutes on a medium heat until the chicken is sealed and white in colour.
4. Add the garlic and spring onions to the pan.
5. When the chicken has turned 'white', add 2 tablespoons of Thai green curry paste and stir.
6. Pour in  $\frac{1}{2}$  a can of coconut milk and stir. Add the sugar snap peas or green beans, green pepper and simmer for a further 15 minutes.
7. **Optional** squeeze over  $\frac{1}{2}$  a lime and tear and add the coriander.

