

## **Monday 2<sup>nd</sup> June Thai Green Curry**

1 small onion

1 clove of garlic

1 small chicken breast

1 small green pepper

**2 x 15ml Thai green curry paste (will be provided by the school)**

**200ml coconut milk (reduced fat) (will be provided by the school)**

*\*Please bring in a suitable container with a lid to enable you to carry your TGC home in.*

### **Method**

1. Prepare the vegetables:
  - slice the onions;
  - crush and chop the garlic.
2. Cut the chicken into small chunks.
3. Fry the onion, 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 chopped green pepper.
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Serve.