

Thai Green CHICKEN CURRY



INGREDIENTS

6 tbsp. Saveur Thai Mix

**500 g chicken thighs,
skin off, diced**

3 tbsp. olive oil*

1 brown onion, chopped

3 tsp. minced garlic

1 tsp. minced or ground ginger

1.5 tbsp. fish sauce

**4 x red bird's eye chillies sliced
(optional)**

3 tsp. brown sugar*

2 tsp. chicken stock powder

**1 tsp. Saveur Himalayan
Salt & Pepper**

240 ml Coconut Cream

**Handful of fresh mint and
coriander, chopped**

**Red capsicum, broccoli, and
zucchini, roughly chopped**

1/3 cup bamboo shoot tips

METHOD

Tip: Use sauté pan and chop all ingredients prior to cooking.

1. Heat pan and add oil, garlic, ginger, onion and 2 tbsp. Saveur Thai Mix. Fry for 5 mins and stir constantly.
2. Add vegetables and chillies and fry for 4 minutes, stirring often.
3. Add Fish Sauce, 2 more tbsp. Saveur Thai Mix and Saveur Himalayan Salt & Pepper. Mix and stir-fry for 2 minutes.
4. Add chicken, mint, coriander, chicken stock powder and remaining 2 tbsp. Saveur Thai Mix. Stir-fry for 3 minutes.
5. Add coconut cream and brown sugar. Simmer for 20 minutes.
6. Serve with steamed jasmine rice and garnish with sprig of fresh coriander.

Please note: This method is a layered approach, cooking over medium heat (not hot stir-frying).



*To make this recipe Dr. Wallach-friendly, substitute butter for olive oil.

This recipe has not been tested with the substituted ingredients, so results may vary.