

# THAI-STYLE GREEN CHICKEN CURRY

SERVES 4 PREPARATION TIME 15 minutes  
VITA-MIX TIME 1 minute COOKING TIME 15 minutes

1 red onion  
1 garlic clove  
4 skinless, boneless chicken breasts, cut into chunks  
400ml coconut cream  
1 tbsp olive oil  
1 tbsp Thai fish sauce  
1 tbsp tamari or soy sauce  
50g freshly-shelled or frozen peas  
150g mangetout or sugarsnap peas  
100g beansprouts  
juice of 1 lime  
1 small handful coriander leaves, to serve

## Curry paste

1 green chilli  
1 shallot  
4cm piece root ginger, peeled and cut into 2 pieces  
2 dried kaffir lime leaves  
1 lemongrass stalk, topped and tailed, and halved  
½ tsp ground cumin  
½ tsp ground coriander  
1 handful coriander leaves and stalks, roughly chopped  
½ tsp shrimp paste  
2 tbsp olive oil  
1 tbsp tamari or soy sauce

**1** Put the red onion and garlic in the Vita-Mix machine and secure the 2-part lid. Select VARIABLE speed 1 and run for 2–3 seconds until finely chopped, then transfer to a bowl. Rinse the Vita-Mix machine.

**2** To make the curry paste, put the chilli, shallot, ginger, lime leaves, lemongrass, spices and coriander in the Vita-Mix machine and select VARIABLE speed 1. Run for 5–10 seconds, using the tamper to push the ingredients onto the blades. Pour in the oil and tamari, select VARIABLE speed 1. Turn the machine on and gradually increase the speed to 10, then to HIGH. Run for a further 10–15 seconds until the mixture forms a paste.

**3** Add the coconut cream to the rest of the curry paste in the Vita-Mix machine and secure the 2-part lid. Select VARIABLE speed 1. Turn the machine on and increase the speed to 10, then to HIGH. Run for 10 seconds until thoroughly combined.

**4** Heat the oil over a medium-high heat in a non-stick frying pan. Add the onion and garlic and cook for 2 minutes until softened. Add the chicken and fry for 5 minutes, stirring frequently, until the chicken begins to brown.

**5** Add the spiced coconut milk and bring to the boil. Reduce the heat to medium-low and simmer gently for 5 minutes until the chicken is tender but cooked through. Stir in the fish sauce, tamari, mushrooms, mangetout or sugarsnap peas and beansprouts. Simmer for a further 2–3 minutes until the vegetables are heated through but still crisp. Pour in the lime juice and stir in thoroughly. Serve with rice and the coriander leaves sprinkled over.



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