

**Green Curry Paste** - Product of Thailand - **Ingredients:** Chilli, Soybean Oil, Garlic, Shallot, Lemon Grass, Shrimp Paste, Salt, Galangal, Kaffirlime Peel, Coriander Seed - **Imported By:** Double Happiness Wholesale Ltd, Freshwater Rd, Essex, RM18 1RF **Made By:** Globo Foods, Ltd, Samutprakarn, Thailand

**Fish Sauce** - Product of Thailand - **Ingredients:** Anchovy Extract 77%, Salt 20%, Sugar 3% - Squid Brand Fish Sauce **Imported By:** SOP International Limited, Orland House, Mead Lane, Hertford, Herts, SG13 7AX - **Made By:** Thai Fishsauce Factory (Squid Branch) Ltd, 191 MI Vitanvitee Rd, Tambon Banhchakrang, Muang District, Samutsongkram, 75000, Thailand **Warning** Contains: Fish (Anchovy)

**Coconut Cream** - Product of Thailand - **Ingredients:** 100% Coconut - **Manufactured By:** Chaokoh Brand Ampol Food, Processing Ltd, Factor 57 Moo 3 Sampran, Nakornpatham, 73220 - **Imported By:** Double Happiness Wholesale Ltd, Freshwater Rd, Essex, RM18 1RF

**Rice** - Product of Thailand - **Ingredients:** Thai Jasmine Rice. **Imported By:** Westmill Foods, 26 Crown Road, Enfield, Middlesex EN1 1DZ.

Please note this product may contain traces of nuts.






Packed by **ThaiKit**, <http://www.thaikit.co.uk> 4 Alexander Court, Crows Road, Epping, Essex, CM16 5DA.  
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See top of box for Best Before Date:

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## Green Curry Thai: Gaeng Keo Wan, แกงเขียวหวาน

Thai Green Curry is the definitive Thai dish, this dish can be made with almost any type of meat and a wide variety of vegetables. The Thai's often use a small white/green Egg Plant, but unfortunately when imported by air they are very expensive, they don't keep more than a week or two and don't really add any distinctive flavour. However, there are many alternative vegetables we can use in the UK, some for taste, and others like the Thai eggplants, for texture. (See front of recipe card for ingredient ideas)

-    Chop your Chicken, Pork or Beef into thin slices about 5mm /  $\frac{1}{4}$  inch thick.
-  Chop Fish into 2cm / 1 inch slices  
Butterfly raw prawns by running a knife down their backs and remove the vein.
-  Chop vegetables into 1cm /  $\frac{1}{2}$  inch slices.

## Green Curry



### Shopping Trip




You need to buy:  
250g/8oz of Meat

-  Chicken Breast or
-  Pork Fillet or
-  Fish/Prawns

250g/8oz Vegetables

2 or more from:

-  Cauliflower, Broccoli, Peppers, Sugar Snaps, Baby Corn, Bamboo Shoots, Courgette, Sweet Potatoes, Aubergines.








**Garnish:**

Fresh Chillis

Serves 2



Cooking and Preparation time 20 mins

-  Put rice and 400ml / 13.5 fl oz. of cold water in a saucepan, cover, bring to the boil then reduce to a simmer, turn off heat after 6 minutes. Keep it covered until serving. (it will continue to cook in the steam)
-  Put the curry paste in another saucepan, add half the carton of Coconut Cream.  
 Add the meat (not the fish or prawns) and  stir fry for a couple of minutes.
-  Add the rest of the Coconut Cream, Fish Sauce, a teaspoon of sugar, MSG, and your vegetables. Bring to the boil and turn down to simmer for 10 minutes, stir occasionally. **Check** the spicyness and add some Ground Chilli if required.  
 If using Fish or Prawns, add them 2 minutes before the end of cooking time.
-  Thai way is to serve each person rice and put the curry in a communal bowl with a spoon. Garnish with chopped chillis.