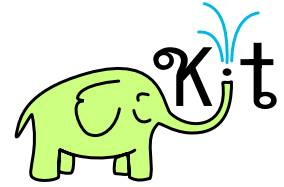


Red Curry

Thai



Shopping Trip



Serves 2



Cooking and Preparation
time 20 mins

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

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

250g/8oz Vegetables
2 or more from:

- Tomatoes, Peppers,
Cauliflower, Baby Corn,
Bamboo Shoots, Sweet
Potatoes

Garnish:
Fresh Red Chillis

Red Curry Paste - Product of Thailand - **Ingredients:** Chilli, Soybean Oil, Garlic, Salt, Shallot, Shrimp Paste, Lemon Grass, Galangal, Kaffirlime Peel, Coriander Seed, Spices - **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 M1 Vitanvittee 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.
email: customerservice@thaikit.co.uk

See top of box for Best Before Date:

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Red Curry

Thai: Gaeng daeng แกงเผ็ด

Named from the red colour that the curry paste gives this dish, Red Curry is served with a thick soup-like consistency and works well with a large selection of different meat and vegetables.

- Chop your Chicken, Pork or Beef into thin slices about 5mm / $\frac{1}{4}$ inch thick.
 Chop Fish into 2cm / $\frac{1}{2}$ inch slices.
 Chop vegetables into 1cm thick slices.
 Butterfly raw prawns by running a knife down their backs. (remove vein if you don't like it)
- 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 a 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 red chillis.