



ZESTY THAI CURRY WITH FRAGRANT RICE



MINUTES TO PREPARE
5



MINUTES TO COOK
20



SERVES
2

INGREDIENTS

For the Thai curry:

1/2 teaspoon cumin seeds
1/2 teaspoon coriander seeds
1/2 teaspoon fennel seeds
2 cloves garlic, peeled
1 cm fresh ginger, peeled
1 green bird's eye chilli,
 deseeded and finely sliced
2 tablespoons rapeseed oil
2 large pinches Maldon Sea salt
Zest and juice of 1/2 lime
1 lemongrass stalk
Large handful fresh coriander stalks, roughly separated into stalks and leaves
1/2 small green cabbage, halved, core removed and thinly sliced
200g button mushrooms, halved
1 courgette, cut into thin strips
150g sugarsnap peas
1 spring onion
200ml light coconut milk
300ml water
2 kaffir lime leaves

For the rice:

100g basmati rice, rinsed in a sieve
220ml freshly boiled water
1 kaffir lime leaf
2 cardamom pods, bashed
Pinch Maldon Sea salt

LET'S GET COOKING

- 1 In a small frying pan dry roast the seeds until they smoke and pop, then crush them to a powder in a pestle and mortar. Add the garlic, ginger, chilli, lime zest, oil and salt. Chop the coriander stalks finely and add to the paste.
- 2 In a large saucepan heat the paste gently and add the mushrooms and cabbage. Stir until the cabbage starts to wilt. Add the courgettes and give it another good stir. Add the coconut milk, water, leftover chicken, lemongrass, lime juice and lime leaves and bring to the boil. Add the sugar snap peas and let it simmer for 3 minutes. Take it off the heat and leave to the side to infuse while you cook the rice.
- 3 Put the rice in a pan with the boiled water, salt, kaffir lime leaves and cardamom pods and seeds. Bring to the boil and cook as per the packets instructions. Remove the leaf and cardamom pods before serving.
- 4 When you are ready to serve chop up the coriander leaves and sprinkle over along with the chopped spring onions. Taste and season with salt, pepper, lime or chilli to your liking.

"For variety try cutting some turkey strips into fine fingers and adding them in for 5 minutes before the end. It will also be delicious with prawns."