

Thai Green Chicken Curry

LO: To handle raw meat hygienically. To work independently. Ingredients Equipment

1 x 10ml spoon oil
3 spring onions
1 clove of garlic
80g sugar snap peas
1 small chicken breast
2 x 15ml Thai green curry paste
200ml coconut milk (reduced fat)
1/2 lime

Small bunch of coriander



Method

- 1. Prepare the vegetables:
 - slice the spring onions;



crush the garlic.



EquipmentTwo chopping boards, two knives, garlic press, frying pan, weighing scales, wooden spoon, can opener, juicer.



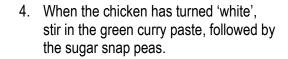
cut sugar snap peas in half;



2. Cut the chicken into small chunks.



3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.





5. Pour in the coconut milk and simmer for 15 minutes.



6. Squeeze the lime and pour over the curry.



7. Tear the coriander and add to the curry.



8. Serve.



