

## **Aromatic Chicken and Peanut Thai curry (serves 4)**

### **Dean Edwards**

2 chicken breasts sliced thinly  
1 tbs coconut oil  
1 onion diced  
6 cloves garlic crushed  
1 red chilli diced (optional)  
Thumb sized piece ginger peeled and grated  
1 stick lemongrass bruised  
2 tbs red Thai curry paste  
2 tbs unsweetened peanut butter  
400ml chicken stock  
1 400g tin low fat coconut milk  
1 tbs soy sauce  
150g fine green beans  
Juice of 1-2 limes  
1 tbs brown sugar  
Small bunch fresh coriander (optional)

#### Method:

1: Heat a pan over a medium heat then pop a tablespoon of coconut oil in, fry the onion, garlic, lemongrass and ginger until softened, this will take around 5 minutes then add the curry paste and peanut butter then continue to cook for a couple of minutes. Pour in the coconut milk, stock and soy sauce and bring up to a gentle simmer. Add the chicken into the pan and cook for 10 minutes, add the beans and continue to cook for a further 5 minutes. Balance out the flavours in the dish by adding a good squeeze of lime juice and enough sugar to taste.

2: Stir through some fresh coriander before serving with a side of wholegrain basmati rice.