



## Gastrophysics - Thai Green Curry



Serves 2

### INGREDIENTS:

#### For the paste:

2 garlic cloves  
1 banana shallot  
4cm ginger  
3 kaffir lime leaves  
1 stalk lemongrass  
2 green bird eye chillies  
½ tsp turmeric  
Handful of large thai basil leaves  
15g coriander  
1 lime  
1 tbsp **light soy sauce**

#### For the curry:

1 tbsp **sesame oil**  
2 free range chicken breast, about 280g  
120g mix of oyster and shiitake mushrooms  
400ml coconut milk  
300ml fresh chicken stock  
100g baby corn  
100g sugar snaps  
100g bean sprouts  
Sliced red chilli and extra herbs to garnish  
Rice and lime to serve

ALLERGENES HIGHLIGHTED IN BOLD

### PREPARATION:

Start with making the curry paste. Roughly chop the garlic, shallot and the lemongrass. Place in a food processor or small blender and blitz. Half the chillies, peel the ginger and roughly chop add to the blender along with the thai basil leaves, 2 of the lime leaves and the coriander, stalks too. Add in the juice of the lime and all the remaining paste ingredients and blitz until a thick green paste forms.

In a medium sautee pan, heat the sesame oil on a high heat. Cut the chicken into strips and add to the hot oil to brown. Roughly tear the mushrooms and add to the pan to. Once they have both started to colour turn the pan down so as not to over colour and stir through the curry paste. Stir to coat completely and cook for a further couple of minutes. At this point add in the chicken and the coconut milk, zest in the lime and bring to a boil. Turn the heat down and simmer for 20 minutes.

After this time, half the corn lengthways and add to the pan. Chop any large sugar snaps in half too and add in. cook for 2 minutes and then stir in the bean sprouts for a further minute. Serve with steamed rice, lime wedges and garnish with chillies, coriander and thai basil.