

GREEN CURRY YOGHURT CHICKEN

Serves: 4



Ingredients

1 tablespoon oil
500g skinless chicken fillets, sliced
1 red onion, sliced
200g green beans, tops removed
1 carrot, peeled and thinly sliced
2-3 tablespoons Thai green curry paste
400g Australian natural yogurt
2 teaspoons brown sugar
1 tablespoon soy sauce
Jasmine rice, for serving
Extra Australian natural yogurt, for serving

Method

1. Heat oil in a wok or large saucepan, brown chicken in batches for 2-3 minutes or until golden.
2. Add vegetables and curry paste to wok and cook stirring for 2 minutes, pour in 1/4 cup water and gently simmer for 5 minutes or until vegetables are tender.
3. Stir in yogurt and warm through before seasoning with brown sugar and fish sauce, fold in coriander and serve with steamed jasmine rice.

Tips

Try adding a couple of drops of coconut essence to this curry.

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