THAI · DINNER

Thai Green Curry with Chicken and Vegetables

25 min · Serves 3 · 578 kcal a serve · Video 3:05 · Khin's Kitchen

Gluten-free ingredients · Dairy-free · Nut-free

Chicken thigh with aubergine, snow peas and bamboo shoots gives about 25 g of protein a serve, with half a day's selenium and a third of a day's vitamin B6 and iron. A full can of coconut milk makes it rich and high in saturated fat.

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Ingredients 19 · SERVES 3

- [ ] 11 oz **chicken thigh** (boneless and skinless, or breast), bite-size pieces
- [ ] ½ **aubergine** (or Thai round eggplants), diced
- [ ] 8–10 **snow peas** (or sugar snap peas or long beans)
- [ ] 3½ oz **canned bamboo shoots**, drained
- [ ] a handful of **Thai basil leaves**
- [ ] 2–3 cloves **garlic**, finely chopped
- [ ] 1 **shallot**, finely chopped
- [ ] 1 stalk **lemongrass**, bruised
- [ ] 1 **red chilli**, thinly sliced
- [ ] 2 **makrut lime leaves** (or 1 tsp lime zest)
- [ ] 2 tbsp **vegetable oil**
- [ ] 3 tbsp **green curry paste**
- [ ] 1⅔ cups (1 can) **coconut milk**
- [ ] ½ cup **chicken stock** (or water)
- [ ] ¼ cup **water**
- [ ] 1 tbsp **palm or white sugar**
- [ ] 1 tbsp **fish sauce**
- [ ] a few sprigs of **coriander**, to garnish
- [ ] 1–2 **lime wedges**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Crustacea, Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into bite-size pieces and dice the eggplant. Slice the chilli, chop the shallot and garlic, bruise the lemongrass and drain the bamboo shoots. 0:10
2. Heat the oil over medium heat, add the lemongrass and garlic for a few seconds, then the shallot and fry until lightly browned. Add the curry paste and stir-fry until fragrant. 0:50
3. Pour in half the coconut milk (about ¾ cup) and, once it bubbles, add the chicken and cook for 1–2 minutes. 1:20
4. Add the stock, water and remaining coconut milk, then the eggplant, and simmer until the eggplant is soft. 1:46
5. Season with the sugar and fish sauce, then add the bamboo shoots, lime leaves and snow peas and cook for a minute or two. 2:10
6. Turn off the heat, stir in the basil and sliced chilli, and serve with rice or rice noodles, coriander and a squeeze of lime. 2:38

Tip Light coconut milk cuts the saturated fat by more than two-thirds (the cook uses regular). Breast is leaner than thigh. The paste and fish sauce are salty, so taste before adding more.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
578 kcal 2,420 kJ	25 g 50% of a day	20 g 17 g net · 9.3 g sugars 7% of a day

FIBRE	FAT	SODIUM
3.2 g 12% of a day	47 g 28 g saturated 60% of a day	1,000 mg 43% of a day

Energy from net carbs 12% · protein 17% · fat 71% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 57% · Selenium 49% · Iron 38% · Vitamin B6 34% · Vitamin K 32% · Zinc 30% · Magnesium 26% · Vitamin C 22% · Vitamin B12 20%

Source of (10–19%) Potassium 19% · Vitamin E 17% · Folate 16%

Recipe and video: Khin's Kitchen (@KhinsKitchen) on YouTube — youtube.com/watch?v=6_Fy8QKO01M, published 6 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/thai-green-curry-chicken-vegetables