

Thai chicken curry

Included in: Spring/summer menu
Allergy information: Contains fish*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 80g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Bright Horizons

Ingredients	Quantity – serves 5	Quantity – serves 20
Lime	10ml (½ lime)	40ml (2 limes)
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)
Chicken breast	250g	1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Thai green curry paste	5g (1 level teaspoon)	20g (1 tablespoon)
Mangetout	100g	400g
Coconut milk, standard	100ml	400ml

Method	
1.	Grate the zest from the lime and squeeze out the juice.
2.	Finely chop the coriander and slice the chicken breasts into small pieces about 1cm thick.
3.	Heat the oil in a large pan. Add the paste and cook for 1-2 minutes then add the chicken. Stir until the chicken is cooked through.
4.	Add the mangetout and stir for 2 minutes.
5.	Add the lime zest and coconut milk. Simmer for 10-15 minutes until the sauce starts to thicken.
6.	Stir the coriander and lime juice into the sauce before serving.

Serving suggestion: with white rice and broccoli
Infants 7-12 months Typical portion size: about 60g curry with 30-40g cooked rice and 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked curry with cooked white rice until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked curry with cooked white rice to the desired consistency. Serve with cooked broccoli florets as a finger food.