



Unlike Indian curries which favour spices, Thai curries use herbs and aromatic leaves for flavour!

Cooking Time: 30 min | Gluten-Free | Dairy-Free
Cals 702 | Prot 31 | Carbs 91 | Fat 27

Tips For Fussy Eaters

This one's spicy, use half of the curry paste if you can't handle the heat!

Pro Tip

Don't overcook the prawns or they will become tough!

Ingredients

| | For 2 | For 3 | For 4 | |
|--|-------|-------|-------|--|
|--|-------|-------|-------|--|

Green curry

| | | | | |
|---------------------|-----|-----|-----|--------|
| Jumbo Prawns | 300 | 450 | 600 | Grams |
| Shallots | 1 | 1 | 2 | Pieces |
| Eggplant | 1 | 1 | 2 | Pieces |
| Lemon grass | 1 | 1 | 1 | Piece |
| Red chilli large | 1 | 1 | 2 | Pieces |
| Fresh coriander | 15 | 15 | 30 | Grams |
| Water | 100 | 50 | 200 | ML |
| Vegetable oil | 1 | 1 | 2 | Tbsp |
| Ginger garlic paste | 10 | 15 | 20 | Grams |
| Green curry paste | 20 | 30 | 40 | Grams |
| Tamarind Paste | 15 | 22 | 30 | Grams |
| Fish sauce | 10 | 10 | 20 | ML |
| Coconut milk | 200 | 400 | 400 | ML |
| Coconut sugar | 10 | 15 | 20 | Grams |
| Lime leaves | 3 | 3 | 6 | Pieces |
| Lime | 1 | 1 | 2 | Pieces |

Rice

| | | | | |
|--------------|-----|-----|-----|-------|
| Jasmine rice | 150 | 225 | 300 | Grams |
| Water | 300 | 450 | 600 | ML |
| Salt | 1 | 1 | 2 | Tsp |



1 Prep

Peel and finely chop the **shallots**. Chop the **eggplants** into cubes. Finely slice 5/7.5/10 cm of the **lemon grass**. Keep the rest as whole. Slice the **red chilli** into rings. Finely chop the **coriander**.



2 Cook rice

Add the **rice, measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3 Start curry

Meanwhile, heat a pan with a lid over a medium heat with a drizzle of **vegetable oil**. Once hot, add **eggplant** and fry for 2 in. Add the **shallots** and cook for 3 min. Add the **ginger garlic paste**, sliced **lemon grass** and **green curry paste (spicy!)** and cook for 1 min further.



4 Simmer

Add the **tamarind paste, coconut milk, measured water, coconut sugar, lime leaves** and the big piece of **lemon grass**. Bring to a simmer, then cover and cook for 10 min.



5 Cook prawns

Meanwhile, heat another pan over a medium high heat with a drizzle of **oil**. Once hot, add the **prawns** and cook for 2-3 min, flipping the **prawns** halfway.



6 Serve

Add the cooked **prawns** and **fish sauce** to the **curry** and stir through half of the **fresh coriander** and a squeeze of **lime** juice. Serve with the **rice**. Garnish with the **chilli (spicy!)** and remaining **coriander**.



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