

Cooking School

with the London Chef

Thai Chicken & Vegetable Curry, Lemongrass Rice, Peanut & Cilantro Slaw

A note: This recipe is flexible, and you can adjust it to your taste. Add more or less of what you like, and feel free to make substitutions - enjoy cooking.

These measurements will feed 2 people, often with leftovers, and can be doubled. You may need larger cooking equipment or to cook in batches when cooking for more people.

Curry

2 chicken breasts, sliced
1 cup full fat coconut cream, can opened and mixed
¼ white onion
4 cloves garlic, peeled
1 inch ginger
2 Tbsp red curry paste
1 Tbsp nam pla (fish sauce)
1 Tbsp palm sugar (can use brown/coconut sugar)
½ bunch cilantro
8 kaffir lime leaves, optional

Rice

1 cup jasmine rice
2 sticks lemongrass

*GF. DF

Slaw

½ cabbage, green or purple or both
½ red pepper
1 large carrot
1 cup peanuts
1 Tbsp sambal
4 cloves garlic, peeled
½ bunch cilantro
1 Tbsp nam pla
1 lime

Cooking Equipment

Knife
Cutting board
Large frying pan
Hand blender with container for mixing, ideally 1L plastic container
Small pot with lid
Mixing bowl
Veggie peeler
Tongs
Wooden Spoon
Canola or vegetable oil

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Method

1. Grab a pot with a tight-fitting lid. Measure one part Jasmine rice and two parts water and put them into the pot with a big pinch of salt. Smack 1-2 stalks of lemongrass on the counter until you smell the fragrant. Place the lemongrass into the pot. Get the pot onto a boil on the stove; once it boils, place the lid on, turn the heat down to low then cook for 10 more minutes. Once 10 minutes are up, turn the heat off but leave the lid on undisturbed until you are done cooking the whole meal.
2. Into your frying pan add thinly sliced white onion, large/thick sliced ginger and a generous amount of canola oil, then get the pan to the high heat. While those ingredients are cooking, chop up 3-4 cloves of garlic and add them to the pan along with the curry paste and stir everything to mix well. Slice the chicken breasts into thin strips, add them into the pan and stir. Once everything is coated nicely in the curry paste, add in the coconut milk along with palm sugar and nam pla. Turn the heat down to low and continue cooking gently for about 10 minutes, until the chicken is cooked. In the final minute of cooking, you can add in a few chopped kaffir lime leaves or chopped cilantro for flavour. Once it's cooked, taste it and adjust with any of the following: nam pla (for salt), lime juice (for freshness), palm sugar (for sweetness) or extra spice.
3. Grab a container wide enough to fit a hand/immersion blender (a 1L plastic yogurt container works perfectly). Into the container, add the following: 4 whole cloves of garlic, $\frac{1}{2}$ bunch cilantro (slightly chopped), 1 tbsp sambal, 1 tbsp nam pla, lime juice, 1 cup peanuts and $\frac{1}{3}$ cup canola oil. Blend them altogether and voila, that's your slaw dressing!
4. For your slaw, using a vegetable peeler, cut the carrot into long strips and slice the red pepper and cabbages into nice thin strips with a knife. In a large mixing bowl, mix your slaw dressing into your vegetables, by using your hands to massage everything together.
5. Onto a large dinner plate, place your lemongrass rice (take out the lemongrass stalks when finished), chicken curry on top of the rice then slaw on the side.