

Cooking School

with the London Chef

Thai Prawn Curry, Lemongrass Rice, Ginger & Garlic Asian Greens

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

12-16 Fresh or defrosted peeled Prawns
2 Tbsp Thai green curry pastes
1 Tbsp nam pla
1 Tbsp palm, coconut or brown sugar
1 Can full fat coconut milk
Green pepper
Eggplant
Green beans or snake beans
White onion
1 inch knob galangal or ginger
8 Kaffir lime leaves (optional)
Bunch cilantro

Rice

1 cup jasmine rice
1 stick lemongrass

Greens

Selection of Asian greens such as bok choy or gai lan
Lime
1 Inch knob ginger
3 cloves garlic, peeled

Cooking Equipment

Small pot with lid
Large pot
Large frying pan
Knife
Cutting board
Grater
Neutral oil - such as canola oil
Salt

**GF, DF*

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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. To your frying pan, add sliced yellow onion with a glug of canola oil and start frying on a high heat. Cut $\frac{1}{2}$ eggplant into small chunks then add them to the pan and cook with the onions. It's important to cook the eggplants fully so cook them until they are nicely fried. Add 2 tbsp of curry paste and mix and fry together into the mix - undercooked curry paste will result a very raw/bitter taste! Once the vegetable is nicely coated and fried in the curry paste, add a whole can of coconut milk/cream (if too thick, add a splash of water). Grate in some ginger (about 1 tsp) and $\frac{1}{2}$ chopped green or snake beans, diced green pepper and any other vegetables you have handy in your kitchen! Add 2 tsp of fish sauce and 1 tsp of palm sugar. Add in the prawns to the curry to quickly cook on a high heat. 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. Finely chop up 4-5 cloves of garlic and grate ginger on a cutting board. Run your knife through the mixture so they are extra fine and mixed well. Have your dry frying pan on a high-heat. Once the pan is heated, add in bok choy and other vegetables of your choice (this recipe uses $\frac{1}{4}$ cabbage, chopped up). While the vegetables are being cooked/"steamed" without oil, have $\frac{1}{2}$ lime and fish sauce at ready. Then once the vegetables are cooked down, add in some canola oil along with the garlic-ginger mixture. Sauté everything, while being careful not to burn. Make sure they are nicely coated in the flavour. Squeeze the lime and add a splash of fish sauce.