

Red Thai Chicken Curry myinheritedkitchen.co.uk

Ingredients <i>(Red = optional)</i>	Amount for one	Your variation
Chicken breast	160g-180g	
Red Thai Curry sauce (<i>M&S</i>)	350g	
Pure Basmati rice	100g	
Olive oil (<i>not virgin</i>)	2tsp	
<i>Coriander (fresh or jar)</i>	1tsp	
<i>Thai fish sauce</i>	1tbsp	
<i>Chilli flakes</i>	1/2 tsp	
TIP You can use instant rice instead but it's not as nice		
TIP: The fish sauce strange as it may seem goes great with non fish dishes		
TIP: You don't have to use all the curry sauce		



Prep Time minutes	Cook time minutes	Your revised time
30	15	<input type="text"/>

Tools that help

- Scales
- Wok/frying pan
- Stirrer
- Timer
- Turner
- Rice steamer
- Sharp knife
- Sieve
- Cutting board
- Tongs
- Glass bowl

Prep Instructions

1. Weight 100g of basmati rice and put in a sieve
2. Put the sieve over a bowl and fill with cold water
3. Leave to soak for 30 mins, change water 3 times
4. Place 200ml of water in the rice steamer
5. Add 1 tsp of olive oil to the wok
6. Heat wok for 5-8 mins at heat 6
7. Dice the chicken into roughly 2cm chunks

All prepared? Start timer at:	15
Put the chicken in the wok	15
Drain rice and put into steamer	15
Put steamer in the microwave	14
Start microwave for 7.5 mins	14
Stir and turn the chicken	12
Add the red curry sauce to the wok	10
Add Chilli flakes (<i>only if you like it hotter</i>)	10
Stir occasionally	10-1
Take the rice from the microwave	6
DO NOT open the rice steamer	6
Heat a bowl in microwave for 2 mins	2
Add the fish sauce to the wok	2
Open the rice steamer	1
Fluff up the rice with microwave spoon	1
Put the rice into the hot bowl	0
Pour on the contents of the wok	0
Add Coriander	0

All recipes are based on using an induction hob, fan oven and microwave set at 1,000