

**GF Friendly**

**Panang Thai Curry**

**Thai chicken curry in Panang sauce**

I didn't have all the ingredients for the original recipe; so I improvised, substituting golden syrup for palm syrup, oyster sauce instead of fish sauce, and green beans for the snow peas. It also called for lime leaves which again I didn't have. How this affected the flavour I don't know, but my curry was really tasty. The Ayam recipe also suggested chicken thighs, but I used breast fillets which are far easier to prepare.

- 500g chicken breast fillets
- 95g Ayam Panang curry paste
- 200ml coconut cream
- 2 tsps oyster sauce or fish sauce
- 2 tsps golden syrup
- 1 cup thinly sliced red capsicum
- 1 cup green beans or snow peas
- ½ cup water
- 1 Tbsp olive oil



Trim any fat from the chicken and cut into 2cm (3/4 inch) cubes. In a suitable pan or wok, fry the curry paste with the oil for about 1 minute until sizzling and fragrant. Add the chicken cubes, tossing to coat; then stir in the coconut cream, water, oyster sauce, golden syrup (or palm syrup if you have it). Bring to the boil; then turn down the heat and simmer partially covered for about 5 minutes. Finally, put in the beans and capsicum; turn the heat up slightly and cook a further 3 minutes.

The curry is now ready, but I turned it off and left it covered to be re-heated later. At first glance, I thought it was too watery and was going to boil it uncovered to reduce the liquid. Then I decided against this and spooned off some of the sauce which was put in a container to be frozen and used later as a stock base for another meal.

Serve 4 with white rice and extra vegetables

okay to freeze

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