



Thai Chicken Curry

Ingredients

2 tablespoons Olive Oil
1 Onion-sliced
4 Chicken Breasts-diced
3 tablespoons "Sherwoods Mild Curry"
1 large Coconut Cream
1 Small Bunch Bok Choy
½ Head Broccoli
¼ Bunch Coriander
2 Cloves Garlic
1 teaspoon Grated Ginger
1 Cup Chicken Stock
1 Zucchini
½ Red Capsicum
100gms Snow peas
1 Carrot
8 Mushrooms
Salt/Pepper

Directions

Pre heat Le Creuset French Oven on a medium-low heat for approximately five minutes.

Add oil, garlic, ginger and onions. Sauté until golden brown.

Toss in the chicken and allow to colour slightly.

Add curry paste and fry for another minute or so (this will release the true flavour of the curry spices) Stir in the coconut cream and stock.

Cut the vegetables to your liking and combine well with the other ingredients.

Allow simmering until cooked. (This takes about 10 minutes or so depending on the size of the chicken pieces)

Lastly add roughly torn coriander and salt pepper.