Thai Green Chicken Curry with Rice

Ingredients (Serves 4 people)
- 500-550 gm skinless, boneless chicken breast, sliced into thin strips
- 2 tbsp. Thai green curry paste
- 2 tbsp. vegetable oil
- 1 large onion, peeled and thinly sliced
- 2 tsp. plain flour
- 400 ml. (can or carton) coconut milk
- 100-150 ml. chicken stock
- 1½ tbsp. Thai fish sauce (or hoisin sauce)
- 2 tsp. light muscovado sugar
- 1 green chilli (deseeded and cut into thin strips)
- Salt and freshly ground black pepper
- 100 gm. sugarsnap peas, halved lengthways
- ⅛ tsp. finely grated lime zest
- 2 tsp. lime juice
- A handful of chopped coriander
- 300 ml. rice

Method
1. Marinate the chicken in 1 tbsp. of the curry paste for 30 minutes. Heat the oil in a large frying pan. Add the onion and cook gently for ten minutes until soft but not brown. Lift out and set aside.
2. Increase the heat. Put the chicken into the frying pan. Stir fry for 3 minutes or until no longer pink. Stir in the other tablespoon of curry paste and the flour and cook for one minute.
3. Reduce the heat and return the onions to the pan. Stir in the coconut milk, the fish sauce, sugar and chilli. Bring to a simmer, cover and cook gently for about 10 minutes until the chicken is tender and the sauce is only just boiling. Use some of the stock if necessary to thin the sauce. Check for seasoning.
4. Blanch the sugarsnap peas in a pan of boiling water for 2 – 3 minutes until tender – crisp, drain.
5. Just before serving stir the sugarsnaps into the curry, add the lime zest and juice and the coriander.
6. Measure the 300 ml. rice, put into a sieve and rinse under cold water. Drain thoroughly. Put the rice into a large pan with a tight fitting lid. Pour in 600 ml. boiling water. Bring back to the boil. Turn off the heat and leave for at least 15 minutes. Do not remove the lid until at least 15 minutes.
Fudgy Brownies

Ingredients

- 250 gm. white flour
- 1 tsp. baking powder
- A pinch of salt
- 1 fairly ripe large banana, peeled and mashed
- 230 gm caster sugar
- 1 tbsp. vanilla extract
- 150 gm good quality dark chocolate, broken into pieces
- 100 gm butter, margarine or vegan margarine
- 1 tbsp. agave nectar
- 60 gm dark chocolate chips
- 120 gm walnuts, chopped
- Icing sugar to dust

Method

1. Preheat the oven to 180°C/ gas no. 4. Line a 20 cm baking tin with baking parchment.
2. Sift the flour, baking powder and salt into a large bowl.
3. In another bowl, combine the mashed banana, sugar and vanilla extract.
4. Bring a small pan of water to the boil and then turn down to barely a simmer. Put a heatproof bowl on top, place the chocolate, margarine and agave in the bowl and melt together until smooth and glossy. Pour the melted chocolate into the banana mix and stir to combine.
5. Make a well in the centre of the flour, pour in the chocolate mixture and fold thoroughly until everything is incorporated. Finally fold in the chocolate chips and walnuts, ensure not to overwork the batter.
6. Pour into the prepared tin and bake in the oven for 25 minutes.
7. Allow to cool completely before cutting into 12 to 16 pieces and dusting with icing sugar. Or they can be eaten warm with a scoop of ice cream for a delicious dessert.