

# Thai Green Curry

## Dietitian's Top Tips:

If you have diabetes, swap sugar for sweetener to decrease the carbohydrate content.

## Ingredients:

1 tbsp extra virgin olive oil  
500g chicken thigh fillets  
½ jar GF Thai green curry paste  
4–6 small potatoes, peeled  
3 small carrots, peeled, trimmed, and cut in half  
2 medium courgettes, trimmed and cut in half  
1 400ml can of coconut cream or milk  
½ cup water  
2 tsp fish sauce  
1 tsp brown sugar  
Cornflour and water for thickening



IDDSI Level 4

Dinner

Recipe source: Beyond the Blender Dysphagia Cookbook

## Time to make:

Prep – 30 mins; cook – 2 hrs

Servings: 4-6

## Instructions:

- Heat oil in a large cast iron pot or heavy-based saucepan. Cook chicken for 1–2 minutes per side or until browned. Remove and set aside.
- Reduce heat and add ½ jar green curry paste. Cook for 1 minute.
- Add coconut cream, water, fish sauce, and sugar. Stir until combined.
- Add chicken and vegetables. Bring to boil, then reduce heat and simmer for 2 hours.
- Carefully remove whole vegetables and whole pieces of chicken. Blend chicken meat with 2–3 tbsps of curry sauce and then blend vegetables with 2–3 tbsps of curry sauce.
- Shape chicken and vegetables into small balls using utensils if hot.
- Blend 1 tbsp of cornflour with 2 tbsp of cold water, add to curry sauce and stir over low heat until thickened. *(NB: please complete the IDDSI flow test if you need to drink thickened fluids, to make sure the sauce is not too thin/ thick. Add extra water to loosen, or extra cornflour to thicken until the desired consistency is obtained).*
- Pour ½ cup of curry sauce over chicken and vegetables to serve.