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by Liz Robb

Yellow Thai Chicken and Potato Curry

Ingredients

1 small onion
100g green beans
A small red pepper
1 red chilli
2 large chicken breasts
1 tablespoon of sunflower oil
2-3 tablespoons of yellow Thai curry paste
400ml can of coconut milk
250ml coconut cream
100ml chicken stock
300g baby Maris piper potatoes
1 tablespoon of brown sugar
2 teaspoons of fish sauce
A small bunch of fresh coriander

Servings
3
Person

Preparation

1. First prepare the vegetables. Peel the onions and slice them finely. Trim the beans and cut each one into 2 or 3 pieces. Deseed the pepper, quarter it lengthways and cut it into thin strips. Deseed the chilli and slice it into very thin strips.
2. Remove any skin from the chicken breasts and cut them into bite sized pieces.
3. To make the curry, heat the oil in a large heavy based pan and sauté the onion on a low heat for 2-3 minutes to soften it.
4. Add the chicken pieces to the pan and cook for 3-5 minutes, turning so that they brown lightly on all sides.
5. Spoon in the curry paste, stir to coat the onion and chicken and cook for just a minute. Add the coconut milk a little at a time, stirring constantly, until it is all combined, then gradually stir in the coconut cream followed by the chicken stock. Heat, stirring constantly, to bring to a simmer.
6. Cut the baby potatoes into halves, or quarters for any bigger ones, and add them to the pan. Stir in the sliced red chilli. Simmer for 15 minutes, stirring occasionally.
7. Add the green beans, cook for another 5 minutes then add the sliced red pepper and cook for a further 10 minutes.
8. Finally, stir in the sugar and the fish sauce and simmer for another minute or two. Serve with jasmine rice, garnished with chopped coriander.

Cooks Note

This is always my first choice whenever I eat out in Thai restaurants, so I decided to try and make one at home, and I think it tastes pretty good!

Thai yellow curry has a wonderful mellow flavour, a little more delicate and subdued than other Thai curries. Red and green curry pastes are easy to find now in supermarkets, but I found yellow paste a little harder to buy. However, I did track it down in a local international store, and it was definitely worth the effort. You can, of course, make your own paste if you have the time and ingredients, but the bought paste is good and full of flavour.

Serves 3-4