



Thai Yellow Curry with Black Rice

By Brett McGregor

Ingredients

2 tbsp oil
1 1/2 tbsp yellow curry paste
400g boneless and skinless chicken thigh, cut into bite-sized pieces
1/3 cup bamboo shoots
1/2 courgette, cut into rounds
1/2 red capsicum, cut into pieces
1/3 cup coconut milk
3/4 cup water
1 tsp fish sauce
2 tsp palm sugar

Instructions

Serves 2 | Prep Time: 10 Mins | Cook Time: 10 Mins

To garnish

Coriander leaves, basil leaves, crispy shallots and slice of lime.

Method

Heat the oil in a small pot over medium heat., then add the yellow curry paste. When you smell the aroma from the curry paste, add the chicken, bamboo shoots, zucchini and bell peppers into the pot, stir to combine well with the curry paste.

Add the coconut milk, water, and cover the pot with its lid. Cook for about 3 minutes or until all the ingredients are cooked through. Add the fish sauce, sugar, and stir to mix well with the curry. Turn off the heat and serve the curry immediately with black rice rice.



Homemade Thai Yellow Curry Paste

By Brett McGregor

Ingredients

- 1 tbsp whole coriander seeds
- 5 heads garlic (yes, heads not CLOVES!)
- 5 medium shallots (or 2-3 small red onions)
- 1 tbsp Olivado Avo oil
- 5 – 25 dried birds eye chilis
- 3 tbsp ginger paste (homemade or store-bought)
- 5 tbsp lemongrass paste (see note)
- ½ cup coriander leaves + stems
- 2 – 3 tbsp mild curry powder
- 2 tsp turmeric
- ¼ tsp cinnamon powder
- 2 tbsp palm sugar
- zest of 1 lime
- 1 tbsp salt

Instructions

Position a rack in the centre of the oven and preheat to 180°C.

Grab a frypan, add the coriander seeds and toast over medium high heat for 1-2 minutes. You will know the seeds are done roasting when you can smell them, do not allow them to brown. Place in a bowl, set aside.

Peel the shallots and cut the tops of the heads of garlic so the cloves are exposed. Grab 2 pieces of foil. Place the shallots in one and the garlic in the other piece of foil. Drizzle them with 1-2 teaspoons of avo oil each and a pinch of salt and pepper. Wrap up the foil so the shallots and garlic are completely covered. Place both foil packets into a frypan and place on the stove over medium high heat. Allow the onions and garlic to heat through, about 5 minutes. You'll start to hear the sizzling noises. Remove the pan from the stove and immediately place it inside the oven and allow the shallots and garlic to roast for 45 minutes – 1 hour.

Heat 1 cup of water to boiling. In a bowl, place the number of chillies you want to use. A rough guideline: 5 chillies = mild. 5-10 chilli's = medium 10-20 chilli's = hot and 20-25 chilli's = superman hot. Pour the hot water over the chilli's and allow them to soak for 20-30 minutes and rehydrate. Drain the chillies before placing in the food processor.

Remove the roasted garlic cloves from the peel and place them in the food processor along with the roasted shallots, chilis, ginger paste, lemongrass paste, cilantro, roasted coriander seeds, curry powder, turmeric, cinnamon powder, brown sugar, and the zest of a lime. Pulse the mixture until it reaches a chunky sauce-like consistency. This makes about 1 ½ cups of curry paste.