



Healthy Thai green chicken curry Free Recipe 10042025

Description

Recipe

Healthy Thai green chicken curry

Once you've made the curry paste (just throw everything into a blender) this healthy Thai green chicken curry couldn't be simpler: think stir-fry, but with a fragrant coconut sauce.

Each serving provides 424 kcal, 26g protein, 48g carbohydrates (of which 9.5g sugars), 13g fat (of which 9g saturates), 5g fibre and 2g salt.

Recipe tips

The curry paste can be made up to a day in advance and kept in the fridge.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables small handful of Thai basil leaves 3–4 long green chillies (finger chillies), chopped 40g/1½oz fresh coriander (leaves and stalks), chopped 2 tsp finely grated garlic 2 tsp finely grated ginger 2 tbsp very finely chopped lemongrass stalks 1 lime, finely grated zest and juice 2 pak choi, roughly chopped 1 red pepper, deseeded and roughly chopped 1 large red onion, roughly chopped 250g/9oz shiitake mushrooms, trimmed 4 spring onions, chopped Tins, packets and jars 400ml/14fl oz light coconut milk 85g/3oz jasmine rice Cooking ingredients 1 tsp ground cumin 2 tsp fish sauce 2 tbsp light soy sauce 1 tbsp vegetable or coconut oil 1 tsp vegetable oil Meat, fish and poultry 400g/14 oz boneless, skinless chicken thighs, cut into bite-size pieces Other 6 makrut lime leaves, thinly sliced

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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1. peppers
2. ground
3. skinless chicken thighs
4. lemongrass
5. onions
6. chillies
7. skinless
8. finely grated ginger
9. spring onions
10. chicken thighs
11. coconut oil
12. finely grated garlic
13. rice
14. boneless chicken thighs
15. sauce
16. grated garlic
17. Dairy-free
18. garlic
19. boneless
20. jasmine rice
21. long green chillies
22. Egg-free
23. red pepper
24. ginger
25. jasmine
26. green chillies
27. Healthy
28. pepper
29. fresh
30. light coconut milk
31. finger chillies
32. Fish
33. red onion
34. limes
35. coconut milk
36. finger

default watermark

37. Thai
38. onion
39. basil
40. milk
41. Thai basil
42. Healthy Thai green chicken curry
43. cumin
44. mushrooms
45. large red onion
46. chicken
47. chicken thigh
48. grated ginger
49. pak choi
50. vegetable oil
51. coconut
52. shiitake mushrooms
53. pak
54. light soy sauce
55. fish sauce
56. shiitake
57. choi
58. soy sauce
59. spring onion
60. makrut lime leaves
61. very finely chopped lemongrass
62. fresh coriander
63. lime
64. lime leaves
65. finely chopped lemongrass
66. coriander
67. ground cumin
68. leaves
69. chopped lemongrass

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Author

admin