

Assam Chicken Curry

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes



2 ½ serves per portion

Ingredients

3 tablespoons olive oil
1 stalk of lemongrass, mashed
500 g chicken thigh, sliced into 2 cm strips
50 g of tamarind paste
2 chicken stock cubes, reduced salt
2 cups water
½ cup pineapple, diced, fresh or tinned
4 tomatoes, quartered
1 carrot, sliced
1 cup green beans, halved

Spice paste:

3 red chillies, deseeded
10 shallots, peeled and sliced
4 cloves of garlic
2 cm knob of turmeric, sliced
½ teaspoon dried shrimp paste (belacan)
1 tablespoon ground coriander

Method

MAKE a spice paste by grinding all the spice mix ingredients in a mortar and pestle or a high-speed blender. Set aside.

HEAT oil in a large saucepan. Fry lemongrass for 10-20 seconds then add the spice paste. Fry over medium-low heat until fragrant (1-2 minutes).

ADD chicken slices to the saucepan and cook to seal.

MEANWHILE mix the tamarind paste and stock cube with the water.

POUR the tamarind mixture over the sealed chicken and bring to the boil.

ADD pineapple, tomato, carrot and green beans and cook until chicken is cooked through and the green beans are tender (5-6 minutes).

SERVE with brown rice.



Everyday Food

Recipe courtesy of the Country Kitchens team