



## STAGE 2 WEANING

### RECIPE: THAI GREEN CHICKEN CURRY



This Thai Green Chicken Curry is perfect for the whole family, including babies during Stage 2 weaning! Less than 30 minutes to prep and cook, it's a great option for busy families.

#### WHAT YOU NEED

2 cloves garlic, crushed  
 1 tablespoon grated fresh ginger  
 300g chicken thighs, cut into thin strips  
 200g pumpkin, diced  
 1 can coconut milk  
 1 stick lemongrass, bruised  
 3 or 4 kaffir lime leaves  
 1 head of broccoli, cut into florets  
 200g peas  
 juice of a lime  
 a handful of chopped coriander

Optional: prik nam pla (thai chilli fish sauce), green chillies, thai basil.

Serve with brown rice and lime wedges

#### WHAT TO DO

1. Add a splash of oil to your pan and place over a medium heat, add the garlic and ginger and cook for a minute, then add the chicken and cook for a further 3-4 minutes.
2. Add the pumpkin, coconut milk, lemongrass and Kaffir lime leaves and cook for a further 5 minutes.
3. Finally, add the broccoli, peas, lime juice and coriander and cook for 3-4 minutes until the vegetables are just tender and the chicken is cooked through. Remove the lemongrass and lime leaves before serving.
4. For the grown ups add a splash of fish sauce (this is too salty to serve to your little ones) and garnish with lime leaves, chillies and thai basil (if you can get hold of it).
5. Serve with brown rice and lime wedges.