

Thai Green Chicken Curry



 Serves: 6  Prep: 5 minutes  Cook: 30 minutes  [Stack Cup](#)

Worldwide, Thai curries are a much loved aromatic and delicious dish. However, the pastes that are their base are usually packed with onions and garlic. Importantly, this recipe omits the problematic ingredients while maintaining all the wonderfully aromatic and tasty flavours, keeping

<https://www.monashfodmap.com/recipe/thai-green-chicken-curry/>



the authentic Thai essence.

Metric**Imperial**

ingredients	
CURRY PASTE	
1 tsp finely chopped, well-washed coriander roots	0.3 oz
1 tsp coriander powder	0.07 oz
½ tsp cumin powder	0.05 oz
½ tsp black pepper powder	0.05 oz
½ tsp turmeric powder	0.03 oz
1 tsp galangal	0.4 oz
1 tsp minced or grated ginger	0.5 oz
3 shredded kaffir lime leaves (fresh or dried)	0.1 oz
1⅓ Tbsp minced lemongrass (¼ large trimmed stalk)	0.6 oz

1 tsp salt	0.1 oz
2 tsp brown or palm sugar	0.2 oz
¼ tsp shrimp paste	0.1 oz
½ minced long green large chillies (hot or mild)	0.6 oz
2 Tbsp canola oil	0.9 oz
CURRY INGREDIENTS	
Chicken thighs, fat, skin and sinew removed and cut into thin strips	35.3 oz
5 kaffir lime leaves (fresh or dried) ripped into pieces	0.2 oz
1 eggplant, 1cm diced	7.3 oz
2 cups coconut milk	15.9 oz
1⅓ Tbsp fish sauce	0.5 oz
1 tsp brown or palm sugar	0.1 oz
½ bunch Thai basil leaves	0.7 oz

Method

Step 1

To make curry paste:

Roughly chop all the ingredients (except oil) and blitz them in a food processor . Slowly pour in oil until a smooth paste is achieved. Alternatively, smash ingredients in a mortar and pestle and gradually incorporate the oil. Note, it may be easier to do this in small batches and thoroughly mix to a paste at the end.

Step 2

Place curry paste and all remaining ingredients (except thai basil) into a pot.

Step 3

Bring to the boil, reduce heat to low and cover with a lid.

Step 4

Simmer for approximately 20 minutes and occasionally stir.

Step 5

Stir through thai basil leaves prior to serving.

Step 6

Serve with cooked quinoa, brown rice or steamed low FODMAP vegetables.

Hints

- The chicken can be substituted with low FODMAP vegetables like zucchini, carrot, or capsicum. Also, why not try pork, beef or firm tofu (if you use firm tofu add the cubes towards the end of the cooking. Remember to always check our Monash app or booklet for serving sizes.
- Portions of curry freeze really well so you can whip them out for a quick meal.

