

Zucchini, eggplant & lime chicken curry



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Preparation: about 25 minutes

Cooking: about 45 minutes **Serves:** 4

- 1 tbs peanut oil
- 2 stems lemon grass, trimmed, crushed and very thinly sliced
- 3–4 tbs green curry paste (to taste)
- 1½ cups reduced fat coconut milk
- ⅔ cup chicken stock
- 500g chicken thigh fillets, quartered
- 3 baby eggplants, trimmed and thickly sliced
- 3 small zucchini, thickly sliced
- 4 green onions (shallots), sliced diagonally
- 1 tbs fish sauce
- 1 tbs lime juice
- 2 Kaffir lime leaves, finely shredded (optional)
- ½ cup coriander leaves, roughly chopped
- Coriander sprigs and shredded kaffir lime leaves (optional), to serve
- Steamed jasmine rice, to serve

1. Heat oil a large saucepan over medium-high heat. Add lemon grass and cook for 30 seconds until fragrant. Stir in curry paste and cook for 1 minute.
2. Stir in coconut milk and stock. Bring almost to the boil, stirring often, over medium heat. Add chicken, eggplants, zucchini and green onions, cover and simmer for 15–20 minutes until vegetables are tender. Stir in fish sauce, lime juice, Kaffir lime leaves (if using) and coriander.
3. Spoon over steamed jasmine rice in serving bowls. Top with coriander and shredded lime leaves and serve.



Zucchini

- Golden yellow zucchini have higher levels of potassium whereas dark green varieties have more beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.