

Thai-spiced greens & chicken stir-fry



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Preparation 25 mins | Cooking 15 mins | Serves 4

For extra heat, leave the seeds in the chillies.

2 tbs peanut oil
500g chicken breast fillets, cut into 4-5cm pieces
3 green onions (shallots), trimmed and thinly sliced
¼ cup reduced fat coconut cream
3 tsp fish sauce
1 bunch bok choy, trimmed and chopped
1 bunch choy sum, trimmed and chopped
1 cup coriander leaves
Steamed jasmine rice, to serve

Thai stir-fry paste:

1 tbs peanut oil
3cm piece ginger, roughly chopped
2 small red chillies, deseeded
4 garlic cloves, peeled
1 lemongrass stalk, white part only, crushed and thinly sliced
2 coriander roots
1½ tbs palm sugar

STEP 1 To make Thai stir-fry paste, place all ingredients into a food processor or blender. Process or blend until finely chopped. Set aside.

STEP 2 Heat a wok over high heat. Add 1 tbs oil and heat until hot. Stir-fry chicken, in 2 batches, for 3-4 minutes until almost cooked through. Transfer to a plate.

STEP 3 Heat remaining 1 tbs oil in wok. Add green onions and Thai stir-fry paste and cook for 1 minute or until fragrant. Add coconut cream, fish sauce and chicken. Stir-fry for 2-3 minutes until hot. Toss through bok choy and choy sum, cover and cook for 1-2 minutes or until greens just wilt. Toss through coriander and serve with steamed jasmine rice.