

Quick and Easy Thai Green Curry

A 30-minute Thai Green Curry you can make with any type of protein you like: chicken, shrimp, or make it vegetarian with chickpeas. An incredibly flavorful dish that takes as if it took forever to prepare but is actually super quick and easy.

Ingredients:

1 lbs skinless boneless chicken thighs - or raw shrimp or cooked chickpeas or a combination
1 tsp avocado oil
2 scallions

2 cloves garlic
1 Tbsp grated ginger
3 Tbsp Thai green curry paste
1 can full-fat coconut milk
1 zucchini

1 cup snow peas
1/2 cup frozen peas
sea salt
pepper
1/2 cup cilantro leaves
1 red chili

Directions:

Preheat a large pan over medium heat and once hot add a drizzle of oil and pan-fry the raw protein of your choice (chicken, shrimp). Or omit this step when using cooked chickpeas.

Cut the dark green part of the scallions off and set aside for later and then thinly slice the white and light green part. Also finely chop the garlic and ginger.

Once the protein is cooked through, remove from the pan, and set aside. Reduce the heat to low and then add the sliced onion, and chopped garlic, and ginger to the pan juices and also add the green curry paste. Sauté for about 1 minute or until fragrant. Add the coconut milk to the pan and stir to combine. Bring to a boil and let simmer on low for approximately 4-5 minutes stirring occasionally.

In the meantime, cut the zucchini in fine stripes, then add it to the pan together with the snow peas, submerge in the curry sauce and let simmer for 3-4 minutes or until desired consistency.

Add the cooked protein (chicken or shrimp) back into the pan or the cooked chickpeas together with the frozen peas and stir to combine and reheat. Season with sea salt and pepper at this point if desired.

Serve over rice and then sprinkle with fresh cilantro leaves, a handful of sliced dark green scallion parts, chopped red chili, and fresh lime juice.

