



More Than Food
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The King's Massaman Curry with Toasted Cashews and Sweet Potato

In days of old, the ancient Thai King Rama II loved Massaman curry. So much so, that when composing a poem about a young lady who tickled his fancy he wrote "any man who has tasted (your) Massaman pines for you". Such romance! All we can say is that it's no wonder Thailand is known as the 'land of the smile' if this dish is available at every street corner! If you've got a spoonful of peanut butter in the cupboard then add it in as your secret ingredient!

 35 mins

 family box

 spicy



Sweet Potato (1)



Chestnut Mushrooms
(1 punnet)



Garlic Clove (2)



Chicken Thigh (7)



Basmati Rice (2 cups)



Cashew Nuts (2 tbsp)



Cornflour (2 tbsp)



Massaman Curry Paste
(2 tbsp)



Coconut Milk (400ml)



Lime (1)

Ingredients

	2P	4P
Sweet Potato, chopped	-	1
Chestnut Mushrooms, chopped	-	1 punnet
Garlic Clove, chopped	-	2
Chicken Thigh	-	7
Basmati Rice	-	2 cups
Cashew Nuts 1	-	2 tbsp
Cornflour	-	2 tbsp
Massaman Curry Paste	-	2 tbsp
Coconut Milk	-	400ml
Lime	-	1

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Nut

Nutrition per serving: Calories: 749 kcal | Protein: 39 g | Carbs: 90 g | Fat: 25 g | Saturated Fat: 17 g



1 Peel and chop your sweet potato into roughly 2cm chunks, roughly chop the mushrooms, peel and finely chop the garlic and cut each chicken thigh into six pieces. Remember to wash your hands and chopping board after handling the raw chicken.



2 Boil 700ml of water in a pot and add your rice with a pinch of salt. Cover with a tight lid and leave to cook for 10 mins on low before resting (off the heat) for 10 mins - don't peek under the lid until 20 mins are up!



3 Toast your cashews in a non-stick frying pan on medium heat without any oil, until they have turned golden brown. Don't take your eyes off them as nuts can burn very easily! Remove and keep to the side.



4 LH: Coat your chicken in the cornflour and a good pinch of salt and pepper. Put 2 tbsp of olive oil into your non-stick pan on high heat and get it really hot. Brown off the chicken on all sides for about 4 mins, then take out of the pan and keep to the side.

5 In the same pan (no need to wash!) turn the heat to medium and fry off your garlic for one minute in 2 tsp of olive oil. Add the curry paste and cook for another minute (until you can smell its fragrance) and then add a quarter of the coconut milk. Stir until you have a smooth liquid.

6 Stir in the rest of the coconut milk together with the sweet potato, mushrooms, chicken and the juice of half the lime. Let the mixture cook on medium-low heat for 15 mins until the sauce has thickened up and the potato is cooked through.

7 LH: Break up the cashews using either a pestle & mortar or alternatively the back of a spoon and a bit of brute force. Add half of the nuts to your curry sauce and keep the other half for garnish at the end.

8 Fluff up your rice using a fork and serve a helping of your curry on top with a sprinkle of cashew nuts. Garnish with a little grated lime zest (none of the white part please) and a few verses of poetry.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!