CSIRO Total Wellbeing Diet Recipes on a Budget

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Chicken And Lemongrass Curry

Free recipe from The CSIRO Total Wellbeing Diet Recipes on a Budget by CSIRO, Chicken and Lemongrass Curry, page 101.

Serves 4 - Prep 15 mins - Cook 15 mins

Quick and simple to prepare, this curry is topped with fried shallots, a delicious crunchy garnish for curries and stir-fries that you can buy in packets from the supermarket.

1 serve =
2 units protein
3/4 unit dairy
1 1/2 units vegetables
1 1/2 units fats
2 teaspoons vegetable oil
4 red shallots or 1/2 red (Spanish) onion, finely chopped
3 cloves garlic, crushed
2 stalks lemongrass, bruised and chopped into 5 cm lengths
800 g skinless chicken thigh fillets, trimmed of fat and each piece cut into three
1–2 small red chillies, finely sliced
1 1/2 tablespoons jungle curry or mild curry paste
1 teaspoon palm or brown sugar
1 1/4 cups (310 ml) reduced-fat coconut-flavoured evaporated milk
1 1/2 tablespoons fish sauce
1 red capsicum (pepper), trimmed, seeded and thickly sliced
150 g snowpeas (mange-tout), trimmed
50 g bean sprouts, rinsed and drained
2 tablespoons fried shallots

1. Place a large heavy-based saucepan over medium–high heat. Add the oil, shallot or onion, garlic and lemongrass and cook, stirring, for 2 minutes. Add the chicken, chilli, curry paste and sugar and cook for 4–5 minutes until the chicken is browned all over and well coated in the paste. Add the evaporated milk and fish sauce and stir to combine. Reduce the heat to low–medium, bring to simmering point and cook for 6–8 minutes until the chicken is cooked through.

2. Meanwhile, boil or steam the capsicum and snowpeas for 2 minutes until just tender, then drain and stir through the curry.

3. To serve, spoon the curry into bowls and garnish with the bean sprouts and fried shallots. Serve with steamed rice from your daily allowance if desired.

Tip: You can add any vegetables you have on hand to this curry – just cut them into similar sizes so they will all steam in the same amount of time. Alternatively, you could serve this with Braised Asian Vegetables on page 142 for 2 vegetable units.