

Auntie Joy's Creamy GF Thai Red Chicken Curry



**BALMORAL
SHOW 2025**
14th-17th MAY



Ulster Bank

Ingredients

serves 4

- 8 boneless, skinless chicken thighs (visible fat removed)
- 1 tsp garlic infused oil
- 1 tin (400g) full coconut milk
- 1 tsp minced garlic / lazy garlic
- 1/2 large red onion, cut into large cubes
- 1/2 large white onion, cut into large cubes
- 1/2 red bell pepper, cut same as above
- 1/2 yellow bell pepper, cut as above
- 1 head fresh broccoli, cut into bite sized portions
- 1/2 lime, juice from half a lime
- 1 tbsp brown sugar
- 1 tablespoons corn-starch mixed with 2 tablespoons water
- 1/4 tsp garlic pepper



Recipe Created by JOY M ROLLSTON.
'Made With Love'

Method

Place 4 chicken thighs in each drawer of the Air Fryer or all 8 in one large drawer. Cook at 200 on Air Fry mode for 10 minutes. Turn chicken thighs and cook for same as above.

1. In a saucepan of boiling water add broccoli and boil for 2 minutes. Straight away drain broccoli using a sieve and set to one side.
2. In a heated wok, add garlic oil, onions, garlic and Red Thai Curry Paste. Cook for approx. 3-4 minutes. Stirring to prevent sticking.
3. In a bowl pour coconut milk, lime juice, brown sugar. Mix together and pour over the veg in the wok and bring to the boil.
4. Add peppers and broccoli to the wok.
5. Make a cornflour slurry and pour into the mixture. Bring the temperature to a simmer and stir until the mixture is thickened. Adjust the seasoning using the garlic pepper.
6. Cut cooked chicken thighs into bite sized pieces and add to the curry mixture. Combine everything and continue to cook on moderate heat for a further 2 minutes, stirring constantly.
7. Serve while hot.

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