

Your favourite Thai curry minus the (coconut milk) calories:

Serves 2 with rice or Asian greens

Ingredients:

250gms chicken thigh fillets – cut into small pieces

375 ml can carnation evaporated skim milk “light and creamy”

60 gms curry paste green/red/yellow or panang adjust amount of paste to your individual taste/tolerance

½ capsicum cut into strips for colour

1 tsp coconut essence

2 tsp cornflour mixed with milk or water to a sauce consistency

Directions:

Cut chicken and slice capsicum. Put curry paste into pan or wok over low heat add small amount of milk and toss chicken and capsicum for a couple of minutes in the paste. Add remaining milk and cook on low heat so it doesn't boil (it may split). If you have access to coriander root or Kaffir lime leaves add for flavour.

Mix coconut essence with sauce made of cornflour and water. Mix sauce thru curry mix stirring as it thickens.

Remove Kaffir lime leaves before serving. Serve with Rice, steamed Asian greens or both.

