

## Essential Thai Chicken Curry

### Ingredients

600gm boneless, skinless Chicken Thighs  
3 Tbsp. Wildings Essential Thai Spice Blend  
1 small Onion, diced  
1 Tbsp. light Soy Sauce  
1/3 cup Roasted Peanuts  
500ml Coconut Milk  
2 Tbsp. Vegetable Oil  
1 Carrot, diced  
2 Potatoes, diced  
1/2 cup fresh Coriander leaves, shredded  
1 Lime, juiced

### Method

Trim and cut chicken into 2cm pieces. Sauté in a hot, deep pan with the Essential Thai Spice Blend until lightly browned. Add the coconut milk, soy sauce and vegetables and simmer for 30 minutes or until the vegetables are soft. Serves Four

### Serving Suggestion

Serve over steamed rice and garnish with crushed peanuts, coriander and lime juice.

This recipe contains no preservatives, additives, M.S.G or gluten & is high in flavour and is very easy to prepare.