

ARCHIVED RECIPES

THAI GREEN CHICKEN CURRY BOAT

Ingredients:

- 12 slices of Gardenia Hi Calcium Milk Bread
- 200g skinless chicken breast, cut into cubes
- 2 small round eggplants, diced
- 1 small red pepper, diced
- 1 small carrot, diced
- 2 rings canned pineapple, diced
- 150g green curry paste
- 2 tbsp water
- ½ cup low fat milk
- 4 kaffir lime leaves
- 2 tbsp sugar
- 2 tbsp corn oil

Thai Green Mango Salad

- 250g green mango, shredded
- 50g onion, shredded
- 2 tbsp unsalted roasted peanuts, chopped
- 1 tbsp small dried shrimp, chopped
- 2 chilli padis (optional), chopped
- 1 tbsp fish sauce
- 3 tbsp lime juice
- 3 tbsp honey

**Cooking Method:**

1. Cut each slice of Gardenia Hi Calcium Milk bread into an oval shape.
2. Heat corn oil in a non-stick pan, add in green curry paste and stir fry for about one minute or until fragrant.
3. Add in chicken cubes, eggplants, red pepper, carrot, pineapple and kaffir lime leaves, stir-fry until curry is cooked. Add water if needed.
4. Add in low-fat milk and remove from heat.
5. Place 1/12 of Thai green chicken curry on each slice of bread. Repeat for all bread slices.

Thai Green Mango Salad

1. Mix fish sauce, lime juice and honey to make dressing.
2. Place mango and onion onto a salad bowl.

3. Pour dressing onto the salad and mix well.
4. Top with peanuts, dried shrimp, chilli padis (optional) and mix.
5. Serve with Thai Green Chicken Curry Boat.