



Cooking Made Easy

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## Thai Massaman & Sweet Potato Soup with Crispy Chicken

Food can be an amazing leveller. This zingy little number is inspired by a street food stall in Bangkok, where people from all walks of life queue down the street to get their dinner. Whether it's the bus driver or the suited businesswoman, the child or the grandparent everyone gets in line for a bowl and chows down on fold up chairs. We wouldn't necessarily recommend you set up for dinner on your doorstep, but if you did, you might make some interesting new friends...

40 min

gluten free

lactose free



Chicken Thigh



Spring Onion



Garlic Clove



Ginger



Massaman Curry Paste



Organic Coconut Milk



Chicken Stock Pot



Sweet Potato



Peanut Butter



Lime



Coriander

## Ingredients

	2P	4P
Chicken Thigh	3	6
Spring Onion, chopped	2	4
Garlic Clove, chopped	1	2
Ginger, grated	1 tbsp	2 tbsp
Massaman Curry Paste <b>2</b>	1 tbsp	2 tbsp
Organic Coconut Milk	½ cup	¾ cup
Chicken Stock Pot	1	2
Sweet Potato, chopped	1½ cups	3 cups
Peanut Butter <b>1</b>	½ tbsp	1 tbsp
Lime	½	1
Coriander, chopped	½ bunch	1 bunch

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Peanut | 2) Crustaceans

**Nutrition per serving:** Calories: 508 kcal | Protein: 20 g | Carbs: 26 g | Fat: 36 g | Saturated Fat: 21 g

1



**1** Trim any fatty bits from the chicken thighs. Heat 1 tbsp of oil in a non-stick pan on medium-high heat. Press the chicken between kitchen towel to dry then season well with salt and pepper. Once the pan is hot, add the chicken and cook for around 4-5 mins on each side then remove.

and chop the sweet potato into 2cm chunks.

2



**2** Meanwhile bring 700ml of water to the boil in a kettle. Finely chop the spring onion widthways into ½cm discs, separate the white from the green parts and peel and finely chop the garlic. Peel the ginger using the edge of a spoon and then grate or chop it very finely.

**5** Add the peanut butter and the sweet potato chunks. Roll the lime firmly between the flat of your hand and the work surface. Once you've loosened it up, cut it in half and squeeze half of the lime juice into the soup. Simmer gently for 10 mins.

3



**3** Meanwhile heat 1 tbsp of oil on medium-low heat in a saucepan big enough to hold the soup. Add in the whites of the spring onions, the ginger and the garlic. After one minute add the Massaman curry paste and stir. **Tip:** *If you are sensitive to spice add the paste bit by bit to taste.*

**6** After 10 mins test the sweet potatoes to see if they are soft enough to eat. Test for seasoning and add a little more salt if needed.

5



**4** After another minute add in the coconut milk and stir until smooth. Add the stock pot with the 700ml of boiled water and bring to a simmer. Meanwhile peel

**7** Lastly, thinly slice the chicken and add it to the soup. Serve into big bowls with a topping of chopped coriander and the greens of the spring onions.