

What's Cooking?

Red Team

**Thai Green Curry
& Aromatic rice**

Green Team

**Mexican Bean Burrito
& Tomato & Cucumber Salsa**



Thai Green Curry with Aromatic Rice

Ingredients:

The Curry

- 1 x tbs of Cornflour
- 1 x tbs ginger
- 2 cloves garlic
- ½ Chilli Red
- Handful of Mange Tout
- 150gms Chicken Thigh Diced
- 2 x tbs Powder Coconut Milk or ground coconut
- 200ml Water Cold
- 1 x Lime
- 1 x tbs of Vegetable Bouillon Powder
- 1 Onion
- 2 x tsp Oil
- 1 Courgette

Aromatic Rice

- ½ Bunch Fresh Basil
- ½ Bunch Coriander
- 1 Lime
- 150g Cooked long grain rice

Check your measurements !
tbs = tablespoon
tsp = teaspoon

Method

1. Finely chop the chilli, ginger, garlic and dice the onion.
2. Heat the oil in a pan, add the chicken and seal – 3 mins
3. Add the onions, ginger, garlic and chillies and cook until soft.
4. **In a bowl squeeze lime into the rice place in steamer for 8 mins.**
5. To the curry - add the bouillon powder, coconut powder and water simmer for 8-10 minutes
6. In a small bowl - mix the cornflour with a small amount of cold water to make a paste.
7. Add to the curry along with the lime juice, diced courgette and mange tout and **half of the basil and coriander.**
7. Boil until thickened
8. Remove rice and mix with the coriander and basil.
9. Plate up the rice and curry & garnish!

Mexican Beanie Burrito

Tomato & Cucumber Salsa

The Burrito

- 2 x Soft Tortillas Plain
- 1 Onion
- 2 x Sticks Celery
- 3 x Mixed Peppers
- 1 Tin Five Bean Salad
- 50ml Water
- 5g Cayenne Pepper
- 10ml Oil
- 10g Cajun seasoning
- 30g Cheddar cheese
- 50g Cooked Long Grain Rice
- 10g Tomato puree
- Red chilli – to taste

The Salsa

- 1 Tin Chopped Tomatoes
- ½ Cucumber
- 2 Fresh Tomatoes
- 15ml Sweet chilli sauce

Method

1. Finely dice the chillies, onion, peppers and celery.
2. Heat oil in a suitable pan and sweat the onions and celery for 2 mins.
3. Add beans and peppers and stirr continuously for 2 mins.
4. Add cayenne pepper and Cajun seasoning and fry for 2 mins.
5. Add tomatoes, tomato puree, diced red chilli, rice and water bring to the boil simmer gently for 5mins.
6. To assemble lay out the flour tortillas place the filling in the middle and top with grated cheese. Fold two opposite edges in and roll up tightly to make a sausage shape
7. Finely chop the tomatoes and cucumber add to a bowl, stir in chilli sauce and serve with the burrito.