

Oven baked Thai chicken

Serves 4

Preparation time: 5 minutes

Cooking time: 30 minutes

Ingredients

1 tbsp oil

1 onion chopped

440g chicken fillets

4 tbsp Thai green curry paste

300g rice

2 red peppers, deseeded and chopped

Zest and juice of 1 lime

440g coconut milk

Handful of coriander leaves to garnish

Method

Heat the oven to 200C/gas mark 6. Heat the oil in an ovenproof dish (that has a lid). Add the chopped onion to the oil and cook for about 5 minutes. Then add the chicken fillets and the curry paste and cook for a further 3 minutes.

Add the rice, the chopped peppers and stir in the lime zest and juice, coconut milk and 250ml of boiling water. Bring this to the boil, then place the lid on the dish and put in the oven for 20 minutes, or until the rice is fluffy. Garnish with the coriander leaves and serve.