Main dishes / Thailand

Chicken braise with aubergine and sweet potato · Thailand

A gentle chicken braise with aubergine, sweet potato and a light Thailand-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g sweet potato
- ☐ 20 g vegetarian red curry paste
- ☐ 10 g Thai basil
- ☐ 30 ml neutral cooking oil
- ☐ 350 g aubergine
- ☐ 400 ml low-salt vegetable stock
- ☐ 20 ml lime juice
- ☐ salt and pepper to taste

Let's make it.

01 Dice the chicken evenly. Clean and chop the vegetables and finely chop the onion.

02 Soften the onion in the oil. Add the chicken and brown all over, using clean utensils.

03 Add the vegetables and stock and bring to a boil. Cover and simmer gently for twenty-five minutes.

04 Check the chicken reaches at least 74°C at the centre and the vegetables are completely tender.

05 Stir in the vegetarian red curry paste, lime juice, Thai basil and taste before serving.

AI-developed, not kitchen-tested.

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