

Thai curry and accompaniment cooking instructions

- Place the curry, in its bag in a sauce pan and allow to defrost You can place the bag in some hot water to speed up the defrosting.
- Once defrosted, pour the curry into the saucepan and place on a medium heat

For Red or Green Thai curry

- Thai curry is meant to be quite runny (more like a soup) so add about 125ml of water per portion
- Bring the curry to the boil to completely heat through
- (If you want more vegetables you can now add any additional ones – such as baby spinach, broccoli, snap peas – whatever you might have at the back of your fridge)
- Top with fresh coriander/basil and/or some sliced spring onion

For Panang curry

- For this curry you don't need to add any water – the curry is meant to be thicker than a usual Thai curry
- You can add additional vegetables if you like or enjoy the curry just as is

Sticky rice heating instructions

- Place the rice in a microwave-safe bowl and sprinkle a tablespoon or two of water over the top. Cover the bowl, then microwave in 1-minute bursts until warmed through. Once warm fluff it up with a fork – it is sticky but the grains should separate

You could also enjoy your curry with rice noodles. Cook those according to packet instructions, place in your bowl and pour over the runny curry

