

Malaysian Rendang



INGREDIENTS – WHAT YOU NEED

chicken thighs – 2 per person



½ jar of Rendang Curry Paste



4 cloves of garlic



3 cardamon pods



1 knob of ginger



BETTER THAN BEANS

~200ml coconut cream



1 tablespoon fish sauce



snow peas or beans (what?)



METHOD – HOW TO COOK

Let's make the rendang paste first.

Spoon half a jar of Rendang paste into a blender bowl or tall jar.



Smash 4 cloves of garlic.
Add to your blender bowl.



Crush 3 cardamon pods.
Separate the seeds.
Add the seeds to the bowl.



Roughly chop 1 knob of ginger into chunks.
Add to the bowl.



BETTER THAN BEANS

Add 1 tablespoon of fish sauce.



Add a big splash of olive oil.



Add 1 teaspoon of sugar.



Blend well with an electric blender
until everything is a smooth paste.



Put aside.

BETTER THAN BEANS

Trim ends off the snow peas / beans.

Cut in half.

Put aside for later.



Cut 4-6 chicken thighs into bite-size pieces.

Put the chicken pieces in a mixing bowl.



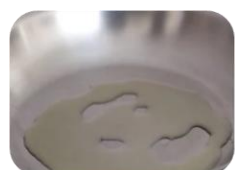
Spoon your Rendang paste onto the chicken.

Mix the paste and the chicken together well.



Put a large saucepan on the stove.

Pour a very light layer of olive oil into saucepan.



BETTER THAN BEANS

Turn on the cooktop to high heat.



Add your chicken to the saucepan.



Cook for 4 to 5 minutes until the paste starts to brown on the bottom of the pan.

Scrape the bottom of the pan with a spoon to prevent sticking.



BETTER THAN BEANS

Add 1 small can of coconut cream.

Turn the heat down to very low.

Stir often.

Simmer for at least 10 minutes.



Just before you're about to eat –

Add snow peas or beans.

Cook snow peas for 1 minute

Or

Cook beans for 2 minutes.



Serve onto plates with hot jasmine rice.

Garnish with spring onions and coriander.

