

## Thai Fish (Poor Man's) Curry

### Ingredients

- 1 onion
- 2 cloves garlic
- 2 chillies (must be handled with great care)
- 1 tablespoon oil
- 100g green beans
- 5 tablespoons oyster sauce
- 1 tablespoon fish sauce
- 250ml / ½ pint vegetable stock (water + vegetable stock cube)
- 1 red pepper
- 1 green pepper
- 1 long sweet pointed pepper
- 100g prawns (or cooked chicken)
- Handful fresh basil, torn



To serve: noodles or rice

### Method

1. Finely chop onion garlic and chillies.
2. Wash and trim green beans.
3. Wash and slice peppers.
4. Heat oil in a pan and gently fry onion garlic and chillies until soft.
5. Add green beans and fry for 2 mins.
6. Add oyster sauce and fish sauce and vegetable stock. Bring to boil, then simmer for 3 mins.
7. Add sliced peppers, simmer 2 mins.
8. Add prawns and basil, heat gently.
9. Serve with noodles or boiled rice.



Name