

Friday night Thai for two



Spend a little time in the kitchen rather than spending money on that takeaway. Sarah Cook's Thai menu is simple, yet special enough for a cosy night in for two Photographs DAVID MUNNS

MENU

- Crab & corn cakes with chilli dipping sauce
- Thai roast chicken with mango & apple salad
- Sticky coconut rice

◊ Cooking at home might be the new going out, but often once you've bought fresh and unusual ingredients it can seem like a false economy. Here, I've used the same flavours in each course, saving you time and money. So throw out that takeaway menu, and rustle up this simple supper for two ◊



Thai roast chicken with mango and apple salad

SERVES 2 • PREP 20 mins

COOK 30 mins

Easy **Good source of vitamin C, counts as 2 of 5-a-day, low fat £2.75 per serving**

FOR THE CHICKEN:

6 shallots, halved
2 small red chillies, deseeded, half roughly chopped and half finely chopped
zest and juice 1 lime
thumb-length piece of fresh root ginger, finely grated
2 tsp sunflower oil
2 chicken breasts, skin on

FOR THE SALAD:

1 red-skinned apple, cut into matchsticks
½ mango, peeled and cut into matchsticks
½ small bunch mint, leaves picked
3 spring onions, sliced
small bunch coriander, leaved picked (these can be from the same bunch as the starter)
½ tsp fish sauce, plus a splash
¼ tsp caster sugar

1 Whizz the shallots in a food processor until finely chopped, then remove half and set aside. Add the roughly chopped chilli, ¾ of the ginger and all the lime zest, then whizz to a chunky paste. Tip into a frying pan with 1 tsp oil and some seasoning, then fry for a couple of mins until fragrant.

2 Heat oven to 200C/fan 180C/gas 6. Release the skin from the chicken breasts along one side, and stuff with spicy shallot stuffing. Can be done up to a day ahead. Season the skin, then roast in a roasting tin for 15-20 mins until golden, crisp and cooked through. Meanwhile, make the rice (see right).

3 Toss together the apple, mango, mint, spring onions and half the coriander. Mix the fish sauce, caster sugar, remaining ginger and lime juice, then set aside.
 4 When the chicken is ready, remove it to a plate to rest. Sit the roasting tin on the hob. Spoon off any excess fat, then gently heat, adding the remaining lime juice and a splash more fish sauce, scraping up the chicken juices to make a sauce. Chop the remaining coriander, then stir into the sauce with the finely chopped chilli. Toss the salad with the dressing, then serve with the chicken, sauce and sticky rice.

PER SERVING 275 kJals, protein 33g, carbs 22g, fat 7g, sat fat 2g, fibre 4g, sugar 20g, salt 0.80g

Sticky coconut rice

SERVES 2 • PREP 20 mins

COOK 30 mins **Easy** **Good for you, low fat 17p per serving**

Soften the reserved shallots in 1 tsp oil for a couple of mins, then stir in 1 tbsp creamed coconut and 140g basmati rice. Cover with enough cold water to come 1cm above the surface, bring to a simmer, cover, then cook for 8 mins. Stir (it should be sticky and almost cooked), cover, then leave to stand off the heat for 5 mins.

PER SERVING 301 kJals, protein 6g, carbs 57g, fat 7g, sat fat 5g, fibre none, sugar 1g, salt 0.01g

TO FINISH YOUR MEAL

Want to end with something sweet? Here are a few ideas to finish off that mango...

- Slice the remaining fruit, drizzle with a little lime juice, layer in glasses with ready-made rice pudding, then chill until ready to serve.
- Melt brown sugar with a little lime juice in a frying pan, then toss in cubes of mango (or pineapple) until caramelised. Serve hot with a scoop of coconut ice cream.
- Make a spiced tropical fruit salad with the mango, some lychees and finely chopped stem ginger. Drizzle with a little syrup from the stem ginger jar to finish, then serve with yogurt or ice cream.

Crab and corn cakes with chilli dipping sauce

Makes 10 • PREP 10 mins

COOK 15 mins **Easy** **Good for you £2.95 per serving**

1 egg
4 tbsp plain flour
1 small garlic clove, crushed
1 tbsp chopped coriander stalks (use the leaves for the main course)
340g can sweetcorn, well drained
170g can white crabmeat, well drained and flaked
2 spring onions, finely sliced
sunflower or vegetable oil, for frying

FOR THE CHILLI DIPPING SAUCE:

4 tbsp sweet chilli sauce
juice ½ lime
½ finger-length chunk of cucumber, seeds scraped out, flesh finely chopped

1 Tip the egg, flour, garlic and coriander stalks into a food processor with a third of the corn. Whizz to a smooth paste. Mix with the remaining corn, crab, half the spring onions and some seasoning.

2 Stir together the sauce ingredients. Cover a tray with kitchen paper. Heat 5cm depth oil in a large, heavy saucepan – it's ready when a cube of bread browns in 30-40 secs. Drop in dessertspoons of the corn mix, then fry for 2-3 mins, turning, until golden and crisp. Lift onto kitchen paper. Keep warm. Repeat with the remaining mix. Serve the hot cakes sprinkled with the last of the spring onion and the dipping sauce alongside.

PER CORN CAKE 149 kJals, protein 4g, carbs 16g, fat 8g, sat fat 1g, fibre 1g, sugar 6g, salt 0.64g

To get ahead

- Up to a day before, get the batter for the cakes ready, and prep all the other ingredients
- Stuff the chicken up to a day ahead
- Prep the salad ingredients a couple of hours ahead, keeping the dressing separate

Know-how

To prepare in advance, make the batter, then mix the remaining corn, crab and spring onions together separately. At the last minute, mix the crab and the corn into the batter.

**Menu for
two at less
than £6 each**

