

## **Episode 1: Thai Temptations**

### **Starter:**

#### **Tropical salad with prawns, black sesame, pineapple, purple cabbage & Papaya**

### **Ingredients:**

1 packet salad leaves  
1 pineapple, peeled and sliced  
1 Ripe Papaya  
1/2 purple cabbage shredded  
1 teaspoon black sesame seeds  
12 large prawns- shell on, deveined  
1 teaspoon butter  
garlic  
salt, pepper

### **Method:**

Season the cleaned prawns with salt and pepper.

Heat the butter and oil in a frying pan and once hot, and grill the prawns, flesh side down first about 5 minutes and then set aside.

Place a slice of Pineapple on the plate, assemble the salad leaves on top of it and then add the shredded cabbage.

Top with the prawns and drizzle with the black sesame seeds & Pumpkin seeds.

Place a thin slice of Papaya (seeds still on) next to the prawns

Top with the noodles

Dress the salad the balsamic vinegar and olive oil and serve immediately.

### **Serves 4**

### **Main course :**

#### **Thai green chicken curry with cashew nuts and fresh Coriander**

### **Ingredients**

1 small onion  
1 tsp crushed garlic  
1 tbsp vegetable oil  
4 tsp green Thai curry paste  
4 cardamom seeds  
6 whole cloves  
4 chicken breasts, cut into bite size pieces  
1 red pepper sliced into thick cubes  
100g cashew nuts  
400ml can coconut milk

20g fresh coriander(to garnish)  
50g dried mango strips

### **Method**

In a wok or pot heat the oil for a couple of minutes .Add the chopped onion and garlic. Fry for 3-5 mins, until soft and translucent. Stir in the curry paste and cook for 1 min, stirring all the time. Add chicken pieces and red peppers and stir until they are coated. Add the cardamom, cloves and coconut milk. Bring slowly to the boil, then reduce heat and simmer, uncovered, for 15 mins until the chicken is cooked. Stir the curry a few times while it cooks. As the chicken is cooking, chop the coriander very roughly. Taste the curry and adjust the flavours with salt, curry etc. Add the cashew nuts. Serve with basmati rice which has some cumin seeds drizzled in for flavour and top with the coriander and dried mango strips for colour.

**Serves 4**

### **Dessert: Mango and yoghurt with cardamom reduction**

#### **Ingredients**

2 ripe mangoes, peeled  
300ml thick Greek yoghurt  
1 cup sugar  
1 tablespoon water  
5 crushed cardamom pods  
250ml fresh cream

#### **Method**

Peel the mango and cut into thick cheeks.

Whip the cream and gently fold in the yoghurt, being careful not to overmix.

In a separate pot on low temperature heat the sugar, crushed cardamom pods and water until the mixture starts to reduce and thicken. Once it resembles the consistency of honey, take off the stove and set aside for later.

To assemble, place mango cheeks on a plate, add the yoghurt cream mixture neatly on top and drizzle some of the cardamom reduction over this to sweeten.

**Serves 4**