Thai Chicken

Ingredients: to serve 4

200g block creamed coconut/300ml coconut mik

3-4 garlic cloves (peeled and chopped)

2-3 fresh green chillies (deseeded and chopped)

1-2 level teaspoons ground ginger

Soy sauce (roughly 15ml)

Zest and juice 2 limes

30g caster sugar

Pack fresh coriander (leaves stripped from the stalks and roughly chopped)

8 chicken thighs skin on

300g basmati rice

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1. Turn oven on to 170c. Take each chicken thigh and make 3 diagonal cuts across the skin and little into the flesh on each thigh.
2. Place each chicken thigh skin side up into a roasting dish (if you have one with a trivet or rack which lifts the meat off the bottom of the pan so much the better, but not important otherwise), sprinkle with a little salt and place in the oven. Set timer 30 minutes.
3. If using the coconut block cut it into smallish chunks, place in a bowl and add 300ml boiling water to the creamed coconut chunks, and stir until all dissolved.
4. Place the coconut milk into a food processor/blender and add the peeled and crushed garlic, chopped chillies, ground ginger, soy sauce, zest and juice of the limes and the coriander.
5. Turn the processor on and mix the ingredients well. (if you haven't got a food processor or hand blender it's not essential we'll cover that in the demo).
6. Once mixed place the whole mix in a saucepan on a very low heat.
7. Place a saucepan of water on the stove and add a good pinch of salt. Once the water is boiling turn it down to a gentle simmer and add the rice, gently stir the rice to make sure none's stuck to the bottom. Set timer for 7 minutes
8. Keep stirring the sauce to make sure it doesn't stick – if it starts getting too thick add a little water.
9. Once the rice is cooked drain, fluff gently with a fork.
10. The chicken should be cooked after 30-35 minutes check by pushing the blade of a knife into the chicken at the thickest part by the bone – any juices should run clear.
11. Place the rice onto plates along with a couple of chicken thighs pour over some sauce, and decorate with a few coriander leaves if you fancy!