



Very Low Fat Thai Green Curry Lunch Jar

Serves 1: Prep time 10 minutes plus 5 minutes cooling

1 x 500 or 700ml jar with lid eg Kilner
(although an empty pasta sauce jar works just as well)

1 tbsp low fat Thai green curry paste

1 tsp fish sauce

1/4 tsp runny honey

A little water

40g pre-cooked noodles

40g pre-cooked mixed beans

1 portion of stir fry vegetables
(packet bought or mix your own)

2 pak choi leaves sliced vertically

Handful of baby spinach leaves

1 tbsp each of chopped coriander,
slice spring onions, slice red chilli
(optional)



Method

- Mix the curry paste, fish sauce and honey together with a little water and pour into the jar
- Layer the noodles, beans, stir fry vegetables, pak choi and spinach on top
- Place the coriander, spring onions, and red chilli in a separate container or wrap in clingfilm and place at the top of the jar and seal the lid.
- At lunch time, remove the cling filmed vegetables, boil the kettle (leave for a minute or so to ensure the jar doesn't crack) then fill the jar leaving 4 cm at the top.
- Reseal and allow to stand for 4-5 minutes
- Re-open, add the garnish, stir and enjoy!



Alternative Sauce Suggestions For Your Lunch Jar

Serves 1

Miso and Ginger Sauce

1/2 tbsp dark miso paste
1 tsp soy sauce
2 tbsp water
Juice 1/2 lime
Thumb nail size of finely
grated ginger
Mix together.

Chilli, Lime, and Coriander Sauce

1/4 tsp chopped fresh chilli or
chilli paste
Juice 1/2 lime
1 tbs water
Mix together

Place one of the sauces in the bottom of the jar as per Thai green recipe.

Instead of mixed beans, other sources of protein could be used such as cooked prawns, or cooked chicken.

These would be added at the end (after you have had the boiled water), just to warm them through.

