

Slow Cooked Thai Chicken

This dish was inspired by my recent stay on Koh Samui. A few days before heading home I had a craving for a simple, highly nutritious meal that was not demanding on my palate. I had spent 2 weeks eating spicy, full flavoured foods such as curries and papaya salads and I needed something cleansing and nourishing. After a trip to the local markets to gather ingredients I came home with a bag of goodies and spent some time in the kitchen. One of my greatest loves is to zone out into an almost meditative state while I chop and cook. It really is the simple things in life which provide us with the most pleasure.

I served this dish with the Thai sautéed greens, also on my recipe page.

Ingredients – don't forget that I use organic ingredients unless specified otherwise

2 cans tinned tomatoes

8 cloves garlic

1 large brown onion

1 cup baby eggplant

3 sticks of lemongrass – pound so they are broken as this releases their aroma

4 chicken breasts

1 bunch Thai basil

Extra virgin olive oil

Salt & pepper to taste

Instructions

Finely slice onion, garlic & lemongrass and sauté in olive oil. Add baby eggplants cut in half and cook 1 minute. Add sliced chicken breasts and lightly cook for 3 minutes on each side. Add tomatoes and basil leaves, cover with foil and place in an oven on 150 degrees. The way to ensure that this dish is sublime is to slow cook it for an hour on a low temperature as this allows the flavours to blend and the protein in the chicken to soften instead of becoming tough and drying out. I also love to poach chicken for this exact same reason.

Alternatives are to add sliced lemon rind or chilli, depending on your preference