

## 0.1 Phat Kaphrao

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- ↪ 2 *Romano Peppers* **For the Chilli Paste**  
↪ 2–3 *Chillies* Blacken the peppers and chillies, wrap in foil, and allow to rest. After a while, peel, remove seeds and chop.
- ↪ 4–8 *Garlic Cloves* Peel and crush the garlic in a mortar and pestle. Adding coarse salt can help grind the garlic.  
Mix in and crush the peppers to make a paste of roasted peppers and garlic.
- ↪ 1 tbsp *Naam Bplaa* **For the Sauce**  
↪ 2 tbsp *Oyster Sauce* Mix the sauce ingredients together, and stir to dissolve the sugar.  
↪ 1 tbsp *Sugar*  
↪ 2 tbsp *Water*  
*Modification* *Sweet chilli sauce can work instead of sugar.*
- ↪ *Half an onion* **For the Vegetables**  
↪ *Green Beans* Dice the onion finely, and slice the beans.  
*Modification* *Plenty of other vegetables can be substituted.*
- For the Frying**  
Heat some oil in a wok until smoking hot. Add the chilli paste and fry until fragrant.
- ↪ 250 g *Chicken Mince* Add chicken mince to the wok. Mix vigorously with the chillies and garlic.  
When the chicken begins to cook, and starts to fall apart rather than acting like a paste, throw in the sauce.  
After frying with the cause, throw in the vegetables, turn down the heat, and cook until the vegetables are done.
- ↪ *Basil* Serve on top of boiled rice, and cover with chopped basil. Top with a fried  
↪ *Fried Egg* egg with naam bplaa phrik.  
↪ *Naam Bplaa Phrik*  
*Modification* *Worcestershire Sauce works instead of naam bplaa phrik*
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This is one of my favourite recipes. It's a perfect quick meal.