

Create your own flavours of Thailand



SQUID PAD KAPROW



Southern Thai

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Squid Pad Kaprow

Serves: 4

A SOUTHERN THAI STYLE TWIST ON THE FAMILIAR PAD KAPROW, MAKING USE OF LOCAL SEAFOOD.

MAKING THIS DISH

In a blender, add birds eye chilli, garlic, coriander root and salt and blend until it forms a paste. Set aside.

Meanwhile slice banana chilli, long red chilli, beans and squid into rings, set aside.

Heat oil in a wok or skillet, add the paste and fry over medium heat for 2-3 minutes or until fragrant.

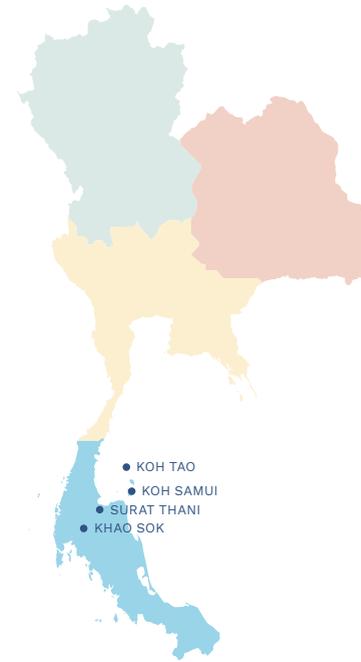
Add squid and stir fry for about 3 minutes or until cooked, add the fish sauce, palm sugar, vegetables, chilli and basil.

Cook for another minute before serving.

WHAT YOU'LL NEED

Chilli paste
3-10 birds eye chilli
4 cloves of garlic
2 coriander roots
Pinch of salt
2 tbsp cooking oil
6 squids, cleaned and skinned
2 tbsp fish sauce
1 tbsp palm sugar
3 banana chillis or 1 yellow capsicum
10 green beans
2 long red chillis
20-25 fresh Thai basil leaves

SOUTHERN THAILAND



THINGS TO SEE AND DO

Koh Samui (best for first time visitors, families and couples)

Koh Pha-ngan (best for backpackers and wellness seekers)

Koh Tao (best for diving)

Koh Nang Yuan (best for snorkelling)

Mu Koh Angthong National Marine Park (best for relaxing cruise, animal encounters)

Khao Sok National Park (perfect for trekking)



SURAT THANI (KOH SAMUI, KOH TAO, KHAO SOK)

Home to the most popular beach destination in the Gulf of Thailand - Koh Samui, Surat Thani actually has many other places worth visiting. Whether you are looking for family holiday, romantic getaway, wellness retreat or some adventures, Surat Thani is the right place for you.

TRAVEL TIPS

Besides sandy beaches, Koh Samui has several inland attractions e.g. lush waterfalls, water parks, zip-lining parks and the magical Secret Buddha Garden, a sculpture park in a jungle.

Chaweng is the most developed beach on Koh Samui, with big shopping complex, restaurants, bars and accommodations. Beaches towards the north and the west of the island are less crowded.

While in Koh Samui or Koh Pha-ngan, spare sometime for spa treatment.

Day trips from Koh Samui to Mu Koh Angthong include snorkelling, kayaking and a hike to Emerald Lake viewpoint, featured in the film The Beach. Look for monkeys, sea eagles and lizards on land, or sea turtles, groupers, blacktip reef sharks and coral reefs in the sea.

Khao Sok National Park is one of the world's oldest and best preserved rainforests, with caves and wildlife perfect for trekking. A visit to Khao Sok National Park is best experienced with an overnight stay at a floating bungalow in Cheow Larn Lake.

EACH OF THE FOUR DIFFERENT REGIONS OF THAILAND HAS THEIR OWN UNIQUE STYLE OF COOKING AND TASTES.

Every 10 days we will be showing you how to cook a different Thai dish from each of the 4 regions in Thailand, using ingredients you can find in Australia.

We have recipes from all regions to collect, make at home and share with your family and friends.

Remember there are more recipes and Thai cooking ideas on our website.

For more information, visit amazingthailand.com.au

