



Thai Green Curry with Spring Veggies

Yields approximately 4 servings

Pillar of Nutrition: Lean on Protein, Eat the Rainbow

Jasmine Rice

- 1 cup jasmine rice
- 1-¼ cup water

Green Curry with Vegetables

- 1 tbsp oil
- 4-6 tbsp thai green curry paste
- 1 tbsp garlic, minced
- 1 tbsp ginger, minced
- 1 14 oz coconut milk, full fat
- 1 cup broth (or water with bouillon)
- 1 large carrot, sliced
- 1 large zucchini, sliced
- 1 med red bell pepper, chopped
- 1 cup spring vegetables (asparagus, snap peas, snow peas)
- 1 lime
- 1-2 tsp coconut sugar
- 1 Thai bird chili (optional)

Substitution and variations

- Other fillings options include mushrooms, eggplants, potatoes, leafy greens, chicken, shrimp..

Something to Chew On

- Traditionally made from scratch with green chilies and spices in a mortar and pestle.

1. Place rice and water in a pot over high heat until boiling. Cover and turn to low heat for 12 minutes. Turn off heat and let it stand with the lid still covered for 10 minutes. Then FLUFF with a spoon.
2. Preheat a heavy bottomed skillet over med high heat. When hot, add oil and cook the curry paste, garlic and ginger for 2 minutes until fragrant. Be careful not to burn.
3. Add coconut milk and stir to dissolve the curry paste. Add broth and bring to a simmer.
4. Add the vegetables and lower the heat to simmer gently, about 7- 10 minutes.
5. Taste the sauce and adjust seasoning with more salt, sugar, spicy chilies and zest and juice of lime.
6. Serve curry over rice.