

Thai Green Curry w/ Spring

Ingredients

• 1 cup brown rice, rinsed

Thai Green Curry w/ Spring  
Vegetables

- Recipe inside -



# Thai Green Curry w/ Spring Vegetables :

## Ingredients

- 1 cup brown rice, rinsed
- 2 teaspoons of olive oil
- 1 small white onion
- 1 tablespoon finely chopped ginger
- 2 cloves garlic
- pinch of salt
- 1/2 bunch asparagus
- 3 large carrots, peeled
- 2 tablespoons Thai green curry paste
- 1 can (14oz) coconut milk
- 1/2 cup water
- 2 cups baby spinach
- 1 1/2 teaspoons rice vinegar
- 1 1/2 teaspoons soy sauce



## Instructions:

1. To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 min, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 min. or longer.
2. Warm a large skillet w/ deep sides over medium heat. Add a couple teaspoons of oil. Cook the onion, ginger and garlic with a sprinkle of salt for 5 min. Add the chopped asparagus, chopped carrots and cook for 3 more minutes. Add the curry paste and cook for 2 more min.
3. Pour coconut milk into pan, along w/  $\frac{1}{2}$  cup of water. Bring mixture to simmer. Cook till vegetables are tender, (5-10 min).
4. Stir the spinach into the mixture until the spinach is wilted. Remove the curry from heat and add rice vinegar and soy sauce. Add salt and pepper to taste.
5. Serve with rice.

Rescheduled baseball games, sleepovers, and overtime at work may turn family cooking night into cooking for two... with leftovers!



Having an easy recipe on hand that the kids can help with, or you can make without them, makes busy nights a little less busy.



# Coconut Red Curry w/ Chickpeas

## Instructions

1. Heat a large pot over medium heat. Once hot, add coconut oil, ginger, garlic and shallot. Sauté for 2-3 minutes, or until slightly softened.
2. Add dried chili (optional), and red curry paste. Stir to combine and cook for 1 minute more, stirring frequently.
3. Add bell pepper and eggplant and stir to coat. Then add coconut milk, bamboo shoots, turmeric, coconut sugar and chickpeas. Stir to combine and bring to a simmer over medium heat. Then reduce heat to low and continue cooking (uncovered) for 10-15 minutes.
4. Taste and adjust flavor as needed, adding sea salt for saltiness or coconut sugar for sweetness. For more heat, add a bit more curry paste (or a pinch of cayenne pepper).
5. Add peas (optional), stir, and cook for 5 minutes more. Then serve as is, or over brown rice, white rice, or *cauliflower rice*. Garnish with fresh basil or cilantro (optional). Store leftovers covered in the refrigerator up to 3-4 days.

Serves: 3-4

## Ingredients

- 1 Tbsp (15 g) coconut oil
- 2 Tbsp (12 g) minced ginger
- 5 cloves garlic, minced (3 Tbsp or 15 g)
- 2 shallot, minced
- *optional*: 1-2 dried red chili or 1 minced serrano pepper (for heat)
- 3 Tbsp (45 g) red (or green) curry paste (ensure vegan friendliness\*)
- 1 red bell pepper, chopped
- 1 cup (82 g) chopped eggplant
- 2 14-ounce (414 ml) cans light coconut milk (canned)
- 1 8-ounce (226 g) can bamboo shoots (rinsed and drained)
- 1 heaping tsp ground turmeric
- 2-3 Tbsp (24-36 g) coconut sugar (plus more to taste)
- 1 15-ounce (425 g) can chickpeas, well rinsed and drained
- *optional*: 1 cup (145 g) green peas (I prefer frozen)
- *optional*: fresh basil or cilantro for serving





## Thai Yellow Chicken Curry w/ Potatoes

Feeding a Crowd?


Set aside a batch of curry  
before adding the chicken  
and fish sauce for a  
vegan/vegetarian option

## INGREDIENTS

- 1 tablespoon oil
- half a yellow onion, sliced thinly
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- ½ cup yellow curry paste
- 10 baby golden yukon potatoes, cut into bite-sized pieces
- 1 14-ounce can coconut cream (it's like coconut milk, but even more luscious)
- ½ - 1 cup water
- 2 teaspoons fish sauce (optional)
- 1-2 tablespoons brown sugar (optional)
- cilantro and rice for serving

Serves: 6

## INSTRUCTIONS

1. Heat the oil in a large pot over medium low heat. Add the onions and saute for a few minutes until the onions are fragrant and softened. Add the chicken and curry paste; saute for 3-5 minutes. Add the potatoes and stir to coat with the curry paste.  Coupons
2. Add the coconut cream and ½ cup water to the pot - simmer for 20-30 minutes or until the chicken and potatoes are fully cooked, adding more water depending on the consistency you want for the sauce.
3. Stir in the fish sauce and brown sugar to really take it up a notch. Seriously - so good. Serve over rice.