



Thai veg curry (HV) (OP I)

Serving: 1

Veg

Ingredients

- -1/ cup broccoli florets
- -1/2 handful of spinach
- 1 tsp coconut oil
- 2 tbsp onion chopped
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 2 tbsp red curry paste
- 1/4 cup coconut milk
- 1/4 cup water
- salt to taste

Preparation Method

- Add 1 tsp. Coconut Oil to a pan and bring to medium-high heat. -Once hot, add onions to the pan and cook until semi-translucent. Then add garlic to the the pan to brown it
- -Turn heat down to medium-low and add broccoli to the pan. Stir everything together well. -Once broccoli is partially cooked, move vegetables to the side of the pan and add curry paste. Let this cook for 45-60 seconds . Add salt
- Add spinach on top of the broccoli and once it begins to wilt, add the coconut milk and water
- -Stir together and ginger. Let simmer for 5-10 minutes, depending on the thickness you want.
- Red curry paste recipe sent as different recipe . pls check