



Vegetable Thai Curry* (OP W) (HV)

Serving: 1

Veg

Ingredients

- - $\frac{1}{2}$ cup broccoli florets
- - $\frac{1}{2}$ large handful of spinach
- -2 tablespoons coconut oil
- -2 tbsp medium onion
- -1 teaspoon minced garlic
- -1 teaspoon minced ginger
- -1 teaspoon red curry paste
- - $\frac{1}{4}$ cup coconut cream (or coconut milk)

Preparation Method

- -Chop onions and minced garlic. Add 1 tbsp. 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 spinach on top of the broccoli and once it begins to wilt, add the coconut cream and the rest of the coconut oil.
- -Stir together and ginger. Let simmer for 5-10 minutes, depending on the thickness you want.