

Coconut Thai Curry

Ingredients:

- 1 can (13.5 ounces) of coconut milk
- 2 tablespoons red curry paste (adjust to your spice preference)
- 1 pound of boneless chicken, shrimp, or tofu (cut into bite-sized pieces)
- 1 red bell pepper, sliced
- 1 carrot, sliced into thin rounds
- 1 small zucchini, sliced
- 1 cup of broccoli florets
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1 tablespoon fish sauce (for non-vegetarian) or soy sauce (for vegetarian/vegan)
- 1 tablespoon brown sugar (adjust to taste)
- Fresh basil or cilantro leaves for garnish
- Cooked rice or noodles for serving

Instructions:

Heat the Oil:

Heat the vegetable oil in a large pan or wok over medium heat.

Sauté the Curry Paste:

Add the red curry paste to the hot oil and sauté for a minute or two until it becomes fragrant.

Add the Protein:

If you're using chicken, shrimp, or tofu, add it to the pan and cook until it's lightly browned and mostly cooked through.

Add the Vegetables:

Add the sliced red bell pepper, carrot, zucchini, and broccoli to the pan. Sauté them for a few minutes until they begin to soften.

Pour in the Coconut Milk:

Pour in the entire can of coconut milk and stir to combine with the other ingredients.

Season:

Add minced garlic, fish sauce (or soy sauce for a vegetarian/vegan version), and brown sugar. Adjust the seasoning to taste.

Simmer:

Let the mixture simmer for about 5-10 minutes, or until the vegetables are tender and the protein is fully cooked. Stir occasionally.

Serve:

Serve the coconut Thai curry over cooked rice or noodles. Garnish with fresh basil or cilantro leaves.