**Veg Thai Red Curry**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

* 2 kashmiri red chillies
* 1 inch galangal
* 4 garlic cloves
* 1 onion
* 2 lemon grass stalks
* 2 tsp coriander seeds
* 1 tsp cumin seeds
* ¼ tsp black peppercorns
* 1 tsp soy sauce
* ½ tsp low sodium salt
* 2 tbsp coconut oil
* ⅓ cup chopped bell pepper
* ¼ cup french beans
* 1 cup chopped cauliflower
* ⅓ cup chopped carrots
* ⅓ cup chopped baby corn
* 1 cup chopped mushrooms
* 1 cup Coconut Milk

**Instructions:**

* **Prepare the Spices:**

1. Take the spices—dried chilies, coriander seeds, cumin seeds, and black peppercorns—and set aside.

* **Chop the Ingredients:**

1. Peel and chop the following: galangal, garlic cloves, onion, and lemongrass stalks.

* **Make the Curry Paste:**

1. Transfer the chopped ingredients and spices to a grinder. Add soy sauce, 2 tbsp coconut milk, and salt. Grind to a fine paste and set aside.

* **Sauté the Red Curry Paste:**

1. In a pot or pan, heat the coconut oil. Add the red curry paste and sauté for a minute over low heat, stirring often.
2. Add the chopped vegetables to the pan. Stir and mix well.
3. Pour in ½ cup of coconut milk and mix again. Keep the heat on low.

* **Add Water and Simmer:**

1. Add water and mix well. Check the seasoning and add salt to taste.
2. Cover the pan with a lid, increase the heat to medium, and simmer until the vegetables are cooked and tender.

* **Garnish & Serve:**

1. Reduce the heat to low and add the remaining coconut milk.
2. Mix well and let the curry come to a gentle boil over low heat. Stir and switch off the heat.
3. Serve hot with plain steamed rice or jasmine rice.