

Thai-Curry Veggies



<45 min



4 servings



Ingredients

- 1 can coconut milk (or 1½ cups homemade coconut milk)
- ½ vegetable or chicken broth
- ½ cup onion or shallots (diced)
- 1 cup green beans (trimmed, cut in half or asparagus trimmed and cut)
- ½ cup broccoli (cut into small florets)
- 1/3 cup zucchini (or other summer squash)
- 2/3 cup sliced bamboo shoots
- ¾ cup shiitake mushrooms (or cremini, sliced)
- 6 Tbsp Thai green or red curry paste
- 2 tsp fish sauce (recommend RedBoat or Coconut Aminos)
- 2 cloves garlic (crushed)
- 2 tsp lime juice (or 3-4 drops of lime essential oil)
- ½ cup basil (cut up)
- 1 tsp salt (or add to taste)

Preparation

Empty coconut milk into a large skillet and bring it to a boil over medium heat. Add curry paste and reduce heat to medium-low, cook for about 2-3 minutes, stirring frequently.

Add onion, zucchini, bamboo shoots, green beans, mushrooms, garlic, ginger, and lemongrass to the skillet with the coconut milk, bring the mixture to a boil, and reduce heat to low. Simmer, uncovered, until the vegetables are tender, about 10 minutes. Add the fish sauce, lime juice, salt/pepper, and basil, stir, and cook for 1 more minute. Serve over rice, Miracle Noodles or quinoa.



Thai curry is a favorite Asian comfort food. The sauce, made creamy with coconut milk, and gently spicy with the curry paste, is flavorful yet soothing. Serve over rice, quinoa, or your favorite non-grain noodle.

- Fiber (broccoli, onion, green beans, zucchini)
- Vitamins & Minerals (green vegetables, broth, mushrooms, garlic, coconut)
- Healthy Fats (coconut milk)
- Immune Boost (garlic, onion, mushrooms, basil, lime)