

Veggie Thai Curry

Ingredients

1 onion
1 potato or sweet potato
300g variety of vegetables i.e. red pepper, courgettes, peas, green beans, mushrooms, baby sweetcorn, sugar snap peas
2tbsps oil
2tbsps curry paste (Thai green/red-these are hotter than other curry pastes)
~~2 chicken breasts~~ *An alternative to chicken such as quorn, tofu, tinned lentils, chickpeas or extra vegetables etc.*
400ml tin coconut milk or cream
2tbsps soy sauce
½ lime

Notes

- Use low fat coconut milk if desired.
- Please bring 2l plastic container with a sealed lid to take home
- Check allergies of consumer before serving.

Method

- 1) Dice potatoes and par boil for 5-10 mins to soften and stop the oxidation process. Use a colander to drain.
- 2) Prepare all other vegetables.
- 3) Heat the oil in a pan, add the onion and gently fry for 5 mins.
- 4) Add remaining vegetables and fry for a further 5 minutes.
- 5) Add the curry paste and stir until everything is covered.
- 6) Add coconut milk, a squeeze of lime and soy sauce to taste.
- 7) Simmer until the vegetables are cooked.

