

Vegetable Curry

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This vegetable curry flavoured with Thai green curry paste and coconut milk is sure to be a winner at any party. Add in more vegetables if you have extra guests unexpectedly.

Ingredients:

1 tin of coconut milk (400g)
3 tbsp. green Thai curry paste
1 onion
1 bunch of spring onions
1 aubergine
100g fine green beans
100g sugar snap peas
100g baby sweetcorn
100g cauliflower florets
3 cloves of garlic
Dash of soy sauce
Handful of fresh coriander, chopped
Salt
3 tbsp. lime juice

Directions:

1. Chop the aubergine into rough chunks, sprinkle it with salt and leave it to sit for half an hour.
2. Blanch the beans and peas for one minute in boiling water and then plunge them into ice water. Cook the cauliflower in the same way but for about five minutes.
3. Finely chop the onion. Slice the spring onions and crush the garlic cloves.
4. Heat a bit of oil in a pan and cook the aubergine until browned. Remove from the pan and set to one side.
5. Add the garlic to the pan, along with half of the spring onions and the chopped onion. Cook the onions and garlic for five minutes or so, and then add the curry paste. Cook it for a few minutes, then add the coconut milk and stir well.
6. Add the peas, beans, sweetcorn and cauliflower. Simmer it for five minutes or so, then return the aubergine to the mixture and simmer for a few more minutes.
7. To serve, stir in the lime juice, soy sauce and sprinkle the chopped coriander over the curry. Sprinkle the other half of the spring onions over the top of the curry.

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