

THAI RED CURRY BOWL RECIPE



This recipe is very flexible. You can use any vegetables you like. It is just important to start cooking the vegetables that take the longest (ex. carrots/sweet potatoes) first. Then, follow with the others based on your best guess of their cooking times. Greens, especially if cut small are usually the last thing added. Also, feel free to use frozen vegetables. The red curry isn't super spicy, so if you like spice, you can add a little cayenne or hot sauce when you serve it. Garnish with basil, cilantro or parsley along with a little lime if you

feel like getting fancy! If you would like to add some protein, you could sauté some chicken in with the onions in the beginning. Or if you prefer shrimp, add shrimp near the end and be sure they are cooked through before serving. So, let's get cooking!

Ingredients:

- Cook 2 cups of your preferred rice. I like jasmine, but whatever you like is good and it could be quinoa as well. This will be the base of your bowl.
- 1 tbsp. canola or olive oil
- 1 chopped onion
- 1 tbsp. grated fresh ginger (could use dry but not as good! 1 tsp.)
- 3 cloves garlic minced
- 1 zucchini cut julienned
- 2 peppers of different color if you have, sliced into strips





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- 4 ounces of sliced mushrooms
- 3-4 carrots cut into ¼ inch coins, if large diameter cut in half
- 1 sweet potato diced into ½ inch squares
- 1 cup of any green cut thin, fresh or frozen - we used frozen chopped spinach
- 2 ½ tbsp. red curry paste
- ½ c. water
- 1 tbsp. soy sauce
- 1 can (14 oz) coconut milk
- 2 tbsp. lime juice
- Fresh cilantro or parsley if you have

Directions:

- In a large Dutch oven or cast iron pan heat and add oil and sauté onion, ginger and garlic about 3 minutes on medium, until onions are opaque.
- Add carrots and sweet potato, sauté for another 5 minutes. You could add a dash of water and put the cover on. Cook until fork tender.
- Add pepper, zucchini and mushrooms and cook, stirring occasionally another 3 minutes.
- Add red curry paste and ½ cup water and mix well.
- Add coconut milk and greens, mix well and keep on medium heat (if you are using shrimp, you could add here as well as cooked chicken, etc.).
- Cook until heated through, stirring frequently.
- Add lime juice, stir.

To serve, put rice at the bottom of each bowl and cover with the curry mixture. Top with chopped cilantro or parsley. Enjoy!