

## Thai Red Curry

**This Thai red curry recipe is so easy to make at home! It's much tastier than takeout and healthier, too.**

**Recipe yields 4 servings.**

### INGREDIENTS

- 1 ¼ cups brown basmati rice or a grated cauliflower
- 1 tablespoon coconut oil or extra virgin olive oil
- 1 small Red onion, chopped (about 1 cup)
- 1 tablespoon finely grated fresh ginger (about a 1-inch nub of ginger)
- 2 cloves of garlic, pressed or chopped
- 1 red, orange and yellow bell pepper, sliced into thin 2-inch long strips
- 3 carrots, peeled and sliced on the diagonal into 1/8-inch thick rounds (about 1 cup)
- 2 tablespoons thai red curry paste
- 1 can (14 ounces) regular coconut milk
- ½ cup water
- 1 ½ cups packed thinly sliced kale (tough ribs removed first)
- 1 tablespoon apple cider vinegar

### Instructions

To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, fluff it with a fork. Alternatively, grate a cauliflower and fry over a medium heat in a large wok with some coconut oil adding sea salt and pepper to taste.

To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.

Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.

Add the coconut milk, water and kale, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.

Remove the pot from the heat and season with apple cider vinegar. Add salt (I added ¼ teaspoon for optimal flavour), to taste. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you like.