

Thai Red vegetable curry

Feeds:4

Ingredients

1 tbsp extra virgin olive oil or coconut oil
3 cloves of garlic, finely chopped
2 red onions, finely chopped
2 red, orange or yellow peppers, sliced
1 large carrot, cut into rounds
100g small broccoli florets
½ courgette, sliced into thin rounds
750g vegetable stock
2tbsp tomato puree
1 can full fat coconut milk
1 tbsp turmeric
2 tbsp thai Red curry paste

Preparation:

Heat the oil in a large pan and add the garlic and onions, then add the carrot, broccoli and courgette and cook on a medium heat for about 5 minutes.

Add the pepper and cook for about 3 minutes and then add the thai paste and cook for a further 3 minutes.

Add the stock, tomato puree and turmeric, stir and cook for 5 minutes.

Add the coconut milk and heat for about 5 minutes.

Serve with brown or wholemeal rice or for that extra portion of veg, place on a bed of shredded cauliflower cooked in a tbsp of oil with a pinch of sea salt and black pepper to taste.