

Vegetarian Thai Green Coconut Curry



Ingredients:

1 1/2 cups medium-firm tofu, cubed, OR canned chickpeas
1 bell pepper, chopped into bite-size pieces
1 cup chopped asparagus
3/4 can reduced fat coconut milk
1/2 can reduced fat evaporated milk
1/2 cup vegetable stock
1/2 cup fresh Thai basil or sweet basil
2 tablespoons olive oil
Optional: 2-3 fresh or frozen kaffir lime leaves

GREEN CURRY PASTE:

1 stalk lemongrass, thinly sliced, OR 3 Tbsp. frozen prepared lemongrass (available at Asian stores)
1/4 can reduced fat coconut milk
1-3 fresh Thai green chilies
1 cup chopped cilantro, leaves & stems
1 shallot, chopped
4-5 cloves garlic, peeled and roughly sliced
1 thumb-size piece fresh ginger, sliced
1 Tbsp. soy sauce
1/2 of a fresh lime juice
1/2 tsp. ground cumin
1/2 tsp. ground coriander
1/2 tsp. ground white pepper
1 tsp. brown sugar
1/2 tsp. sea salt

Directions:

- 1) Place all 'green curry paste' ingredients in a food processor or blender and blend to create a fragrant green curry paste (you may need to add more coconut milk if using a blender).
- 2) Place a wok or large frying pan over medium-high heat. Add 1-2 Tbsp. oil and swirl around, then add all the green curry paste you just made. Stir-fry 1 minute to release the fragrance.
- 3) Add the tofu or chickpeas. Stir-fry until well saturated with sauce.
- 4) Add the stock plus lime leaves (if using). Stir and reduce heat to medium-low. Gently simmer 5 minutes.
- 5) Add the coconut milk, plus vegetables (except basil) and continue simmering 5-7 minutes, or until softened.

6) Remove curry from heat and taste-test for salt and spice. If not salty enough, add a sprinkle more salt. If too salty for your taste, add another squeeze of lime juice. If too spicy, add more coconut milk. If you'd like it sweeter, add a little more sugar.

7) Serve directly out of the wok, or transfer to a serving bowl. Sprinkle over the fresh basil (slice larger leaves into shreds). Sliced red chili can also be used as a topping, or to add more spice. Serve with plenty of Thai jasmine rice.