



# THAI RED VEGETABLE CURRY

<b>Season:</b>	<b>Winter</b>
<b>From the garden:</b>	<b>Broccoli, cauliflower, kumara, pumpkin, kale, lemon grass</b>
<b>Type:</b>	<b>Dinner</b>
<b>Difficulty:</b>	<b>Moderate</b>
<b>Country of origin:</b>	<b>Thailand</b>
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b>Andrea Habacht, GTT kitchen specialist, Oropi school</b>

## Equipment

- \*chopping board and knife
- \*vegetable peeler
- \*bowls
- \*large saucepan
- \*colander
- \*measuring cup and spoons
- \*wooden spoon
- \*frying pan

## Ingredients

- \*1 med. broccoli
- \* $\frac{1}{2}$  cauliflower
- \*500 g kumara (or potatoes)
- \*500 pumpkin
- \*big handful of kale
- \*1 onion
- \*2 clove garlic
- \*2 tbsp thai red curry paste
- \*2 stalks of lemongrass and 1 lime leave
- \*1 tbsp soy sauce
- \*1 tsp fish sauce
- \*1 tbsp sugar
- \*1 can coconut cream
- \*oil for frying

## Method

1. peel and chop the onion
2. peel and cut the pumpkin and the kumara into even sized cubes (around 2 by 2 cm)
3. wash the broccoli, cauliflower and kale
4. cut the broccoli and cauliflower into even sized pieces. Including the smaller stalks
5. remove the tough ribs from the kale and tear in bite size pieces
6. cut the rib out of the lime leave and shred it finely
7. bash the lemongrass with a rolling pin to soften it
8. heat a little bit of oil in the saucepan and fry the onion, garlic and curry paste for a few minutes
9. add the shredded lime leave, lemon grass, kumara and pumpkin
10. pour in the coconut cream, wash the can out with some water and add that too
11. put a lid on the pot and let the curry simmer till the vegetables are have softened
12. fry the broccoli, cauliflower and kale with a little bit of oil till slightly browned and softened (or cook in the microwave)
13. add the broccoli, cauliflower and kale into the curry and mix
14. season with sugar and soy sauce
15. if there is not enough sauce, you can add more coconut or plain milk
16. serve with rice or flat bread

**Notes:** Any combination of vegetables can be substituted. If you have no lime leaves or lemon grass, add a little bit of lemon juice.

**Skills:** *measuring, chopping*