

Thai Green Curry with Vegetables

Curry vert thaï aux légumes

30 min

Medium

390 kcal per serving

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Green curry paste (<i>Pâte de curry vert</i>)	2 tbsp
Coconut milk (<i>Lait de coco</i>)	400 ml
Eggplant (<i>Aubergine</i>)	1
Green beans (<i>Haricots verts</i>)	100 g
Bamboo shoots (<i>Pousses de bambou</i>)	80 g
Jasmine rice (<i>Riz jasmin</i>)	100 g
Thai basil (<i>Basilic thaï</i>)	10 leaves

Nutrition facts

PER SERVING

Calories	390
Protein	10 g
Carbohydrates	44 g
Fat	20 g
Fiber	6 g

Preparation

- 1 Rinse the jasmine rice until the water runs clearer, then cook it with water and a pinch of salt in a pot until tender. Keep it covered off the heat.
- 2 Cut the eggplant into bite sized pieces and trim the green beans into shorter lengths.
- 3 Warm a little coconut milk in a pan over medium heat, then stir in the green curry paste until fragrant.
- 4 Add the remaining coconut milk and a small splash of water, then add the eggplant. Simmer gently until it starts to soften.
- 5 Stir in the green beans and bamboo shoots, then continue cooking until all the vegetables are tender but not mushy.

6 Season with salt and a little pepper, then tear in the Thai basil and let it wilt for a moment.

7 Serve the curry hot over the cooked jasmine rice.

GOOD TO KNOW

If the curry seems too thick, loosen it with a small splash of water while simmering.