



Thai Spiced Green Vegetable Curry with Basmati Rice

In the bag:

- Onion
- Garlic
- Celery
- Chilli
- Butternut squash
- Bell pepper
- Mushrooms
- Sugarsnap peas/green beans
- Tin of butter beans
- Spring onions
- Spice bag
- Creamed coconut sachet
- Lemongrass
- Kaffir lime leaves
- Vegetable stock cube/s
- Rice

You'll also need:

- Chopping board
- Sharp knife
- Peeler
- Medium sized pot with lid
- Wooden spoon
- smaller pan with lid for rice

- A dash of vegetable oil
- 500ml cold water

Method:

- Put **Basmati rice** in a bowl – cover with water and soak for 30 minutes
- Prepare the vegetables: peel and chop the **onion** and **garlic**, wash and chop the **celery**, **chilli**, **butternut squash**, **mushrooms**, **pepper** and **peas/beans** and **spring onions** (including all the green bit)
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft
- Add the **garlic**, **celery** and **chilli**, gently fry for a further minute or two
- Add the contents of the **spice bag** and the sachet of **coconut**, the **stock cubes** and 500ml **water**, the **lemongrass** and **lime leaves** (whole). Bring to a bubble on a medium heat
- Add the **diced butternut squash** and cook for 10 minutes
- Add the **mushrooms** and cook for another 5 minutes
- Add the **peppers** and cook for another 5 minutes
- Add the **peas/beans** and **butter beans** and the **spring onions** and cook for another 5 minutes

More about your Thai Spiced Green Vegetable Curry

You can add chicken or other meat along with the onion at the beginning or seafood along with the peppers near the end.

De-seed the **chilli** unless you like it very hot!

Lemongrass and lime leaves are too fibrous to eat but add lots of flavour, remove as you're eating the dish.

You can add a teaspoon of cayenne pepper along with the spice bag and replace the green chilli for red chilli to make it a red curry.

Top with fresh coriander, mint or parsley.

This recipe makes enough for four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 onion (or 2 small)
- 2 cloves garlic
- 2 sticks celery
- 1 green chilli pepper
- ½ small butternut squash
- 1 bell pepper
- 100g sugar snap peas
- 2 spring onions
- 200g mushrooms
- 1 teaspoon each of cumin, turmeric, ginger and galangal
- 1 creamed coconut (50g)
- 6 lime leaves
- 1 lemongrass stalk
- Vegetable stock cube/s (2 Oxo or 1 Knorr)
- 1 tin of butter beans (400g)

- 300g rice

Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 3-4 hours
- low for 5-6 hours.

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking