

Vegetables in Green Curry Sauce



Sirve:

6

Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor
small mixing bowl

Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Agregar un Comentario](#)

Descripción de la Receta:

Green curry is made with a combination of fragrant spices and herbs, coriander, cilantro, cumin, garlic, kafir lime, galangal and shallots. What differentiates green curry from other curries are the chilies. Green curry paste is made with fresh green chili peppers. Depending on the brand of curry paste you use the spice level will vary. Taste the curry paste first and adjust amount of curry paste you add depending on how you like it.

3 garlic clove, shredded, use Cone #1
1 medium red onion, sliced, use Cone #4
1 red or yellow pepper, sliced
4 carrots, trimmed, scrubbed, sliced, use Cone #4
2 zucchini or yellow squash, large dice
½ cup
bamboo shoots, drained
(75 1/2
g)
½ tsp
natural salt (optional)
(3
g)
½ cup
vegetable stock
(117
g)
14 oz
coconut milk, low fat
(381
ml)
3 tbsp
Thai green curry paste
(49
g)
1 tbsp

coconut sugar or maple syrup
(20 g)
1 tbsp
ginger, fresh, peeled, shredded, use Cone #1
(6 g)
1 tbsp
tamari
(18 g)
1 lime, juiced
1 lime, zested, shredded, use Cone #1
1/2 cup
Thai basil or basil, remove stems and thinly slice or leave whole
(12 g)
14 oz
baby corn, drained (optional)
(396 g)

Preparación :

1. Preheat Ultimate Culinaira for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Sauté garlic and onion for 3-4 minutes until onion starts to soften. Add carrots and peppers and sauté for 4-5 minutes. Add zucchini, bamboo shoots and salt, stir to combine, sauté for 2-3 minutes.
3. Pour vegetable stock over top, place lid on Ultimate Culinaira and cook for 10 minutes.
4. In a small bowl combine, coconut milk, Thai green curry paste, coconut sugar, ginger, tamari, lime zest, lime juice and stir to combine.
5. Pour coconut curry mixture over vegetables, cover and cook for 5-8 minutes longer until vegetables are cooked but still crisp.
6. Add basil and stir to combine.
7. Serve as is or over basmati rice or other cooked grains.

Consejos:

- Substitute basil for fresh cilantro leaves
- Serve Green Curry Vegetables with basmati rice or cauliflower rice for a grain free alternative.
- Add in or substitute any of your favorite vegetables; broccoli, cauliflower, sweet potato, or green beans.
- Add chunks of firm tofu for added protein.

Información nutricional por ración

Calorías: 122
Grasa Total: 3g
Grasa 1g
Saturada:
Colesterol: 0mg
Sodio: 578mg
Carbohidratos: 15g
Fibra 3g
Dietética:
Azúcar: 8g
Proteína: 3g