

Thai Coconut Vegetable Curry



Servings: 4
Time: 25 minutes



INGREDIENTS:

- 1 tbsp olive oil
- 1 small yellow onion bulb, diced
- 1 medium carrot, peeled and diced
- 1 medium zucchini, diced
- 1 small bell pepper, diced
- 5 tsp green curry paste, substitute with red or yellow curry as desired
- 1 ½ cup coconut milk
- 2 tsp cornstarch dissolved in a bit of water to make cornstarch slurry

DIRECTIONS:

1. In a medium pot on medium-high heat, add oil and sauté carrots for 3-4 minutes until slightly softened.
2. Shake can of coconut milk to combine the liquid and cream contents before use.
3. Add remaining vegetables, curry paste, and coconut milk. Stir and simmer for 3-5 minutes on medium heat until vegetables are tender.
4. Add cornstarch slurry and gently stir to thicken curry before turning off the heat.
5. Serve hot with steamed rice and garnish with your favorite herbs like Thai basil, minced cilantro or chopped green onions.

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