

Thai Green Vegetable Curry

<p>3 large carrots 1 parsnip 1 aubergine 1 sweet potato 200 gr green beans 1 broccoli head 200 gr snap peas 1 leek 1 bunch spring onions 100 gr coriander fresh ginger 2 teasp garlic paste noodles 1 tin coconut milk 100 gr creamed coconut paste 2 tbsps. green curry paste</p>	<p>Peel and chop carrots, sweet potato and parsnip. Chop the aubergine, slice the leek and chop the broccoli. Put all the vegetables into a large baking tin. In a mixing bowl add the green curry paste, grated ginger, garlic paste, fresh coriander and coconut milk. Stir well, you can add a little lime juice if you like. Pour this over the vegetables, cover with foil. Bake in the oven for 40 – 50 minutes until the vegetables are cooked through. Serve with noodles or rice. The consistency should be quite wet. If the curry is too strong, add more coconut milk, if not strong enough add a little more green curry paste but make sure it is cooked through properly.</p> <p>This method is not the traditional way of cooking a Thai curry, but it is a lot easier and leaves you time to do something else. You can use any vegetables, they don't have to be green. The green comes from the green chillies used in the Thai paste.</p>
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