

Mild Thai Curry Recipe

Serves 4

Ingredients:

- 1 tbsp coconut oil
- 1 medium onion
- 3 cloves garlic
- 1/2 aubergine
- 1 red pepper
- 100g of mushrooms
- 10 basil leaves 6g
- 100g of sugar snap peas
- 2 large handfuls baby spinach
- 350g of leftover chicken or tofu
- 1/2 tsp ground turmeric
- 1 inch piece of fresh ginger root 8g
- 2 tsp of curry powder
- or 2 tsp of red, yellow or green paste
- 1 can coconut milk
- 2 tbsp of ground almonds
- 1 tbsp of tamari
- 200ml of bone broth or veg stock
- pinch of black pepper
- or 350g of frozen Atlantic prawns (defrosted)

Directions:

1. Finely chop the onion, garlic and grate the ginger.
2. Cut the aubergine and peppers into bite sized chunks and half the mushrooms.
3. Add the oil to the pan, over a medium heat and firstly add the onion and cook until it begins to soften. Once the onion has softened add in the ginger and garlic and gently sauté to bring out the flavours.
4. Next add in your pepper and aubergine, tossing in the oil before reducing heat to low and covering with a lid to soften the vegetables.
5. Stir regularly to ensure nothing burns on the pan; you can add a splash of stock if this begins to happen.
6. After about the 5 minutes, turn back up the heat to medium and add in the mushrooms and sugar snap peas. Fry for an additional 1-2 minutes before adding in your spices. Stir well coating all of the vegetables.
7. Once the vegetables are well coated in spices, add in your chicken stock, black pepper, basil, tamari and coconut milk. Bring to the boil and then add in the spinach, ground almonds and any cooked meat that you are using.
8. Simmer for 4-5 minutes until all the vegetables are cooked but still have a nice bite to them. Serve with cauliflower rice.

