

DELICIOUS RECIPES TO AID BEAUTY, HEALTH & BALANCE

SERVES
2-3

Quick Green Curry

- ❖ 4 Cups of chopped mixed fresh vegetables (e.g. broccoli, carrots, aubergine, mushrooms, courgette, peppers)
- ❖ 1 tin coconut milk
- ❖ Plus extra almond milk if needed
- ❖ 1 tsp coconut oil
- ❖ 3 cloves garlic (peeled and sliced)
- ❖ 2 Kaffir Lime Leaves, torn into quarters (optional)
- ❖ 1 tsp agave or honey
- ❖ Fresh coriander (1-2 handfuls)
- ❖ 1 handful of baby spinach
- ❖ 1-2Tbs Green Curry Paste
- ❖ 1-2 chicken or turkey breast, 100g prawns or diced tofu (optional proteins)
- ❖ 1 lime and fresh chillies (optional) to garnish

PREP TIME: 5 MINS COOK TIME: 10 MINS



1. In a saucepan empty the can of coconut milk, add coconut oil and bring to a gentle boil, add the garlic, agave, curry paste, Kaffir leaves and stir, continue to gently simmer for 2mins before adding chicken/turkey/prawns or Tofu if using..
2. If not adding any additional proteins add the vegetables at this point and bring back to the boil (without it boiling over) otherwise allow proteins to cook for 10mins before adding the vegetables simmer for another 20-40mins –keep stirring as the vegetables cook.
3. Use your judgment – if you want a thicker curry, keep the lid off so it reduces as it simmers. Otherwise keep the lid half on (to stop from boiling over) as the curry simmers away. If it reduces too much add a little more coconut oil, if you have it to hand or almond/oat milk. Perform a taste test and if it needs it, add a little more paste / sliced fresh chillies a squeeze of lemon/lime or even a pinch of salt
4. Once ready, serve upon a bed of brown rice and top