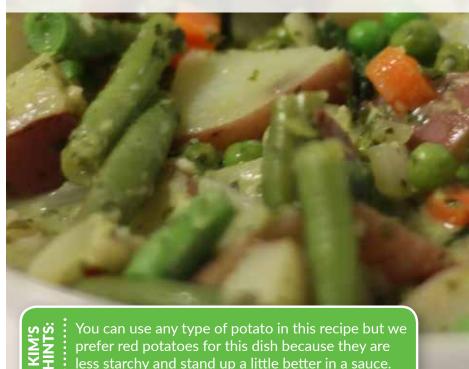


Thai Green Curried Potatoes



This Thai Curried Vegetable dish is authentic and loaded with the unique flavors of most traditional Thai curries. It's chocked full of potatoes and mixed vegetables covered with a creamy flavorful curry sauce. It's such a versatile recipe since you can truly change the veggies making it unique to your taste preferences. This recipe is all about the sauce!

INGREDIENTS

1 lb. unpeeled red potatoes (3 medium sized potatoes), diced into 2 inch cubes

½ lb. green beans, 2 inch cut

1 onion, diced

3 garlic cloves, chopped

¼ cup basil leaves, chopped

1 cup peas, fresh or frozen

1 carrot, diced

¼ cup Thai Green Curry Paste

1 cup lite coconut milk

½ cup nondairy milk

1 tablespoon maple syrup (or preferred sweetener)

2 teaspoons lime juice

3 teaspoons cornstarch

1/4 teaspoon red pepper flakes (optional)

½ teaspoon sea salt or to taste

4 cups cooked brown rice

DIRECTIONS

- 1. Steam the potatoes and green beans until tender. Drain and set aside.
- 2. In a separate bowl, whisk the curry paste, coconut milk, nondairy milk, salt, cornstarch, maple syrup, and lime juice until ingredients are thoroughly blended. Set aside.
- 3. In a large fry pan, sauté the onion and garlic cloves in a small amount of water or vegetable broth. Add the remaining ingredients, potatoes, green beans, and curry mixture simmering over low-medium heat for 12-15 minutes. Serve over brown rice or whole grain pasta.

ENTREES







