



Em's Thai Red Curry

4 servings

20 minutes

Ingredients

3 tbsps Thai Red Curry Paste
500 grams Chicken Thighs (diced)
400 grams Coconut Cream
1 head Cauliflower (cut into florets)
1 Eggplant (diced)
100 grams Frozen Spinach
240 grams Chickpeas (drained)
4 Kafier Lime Leaves
1 tsp Lime Juice
2 tbsps Fish Sauce
2 1/2 cups Brown Rice

Directions

- 1 In a large heavy based pot, cook curry paste on medium for 2 minutes.
- 2 While the rice is cooking begin to prepare the curry. Add coconut milk, chopped chicken and lime leaves and cook for 5 minutes.
- 3 Add cauliflower and eggplant and mix to combine. Simmer for 20 minutes to reduce sauce.
- 4 Add fish sauce, chickpeas and spinach. Cook for a further 4 minutes until spinach is wilted and combined.
- 5 Divide rice and curry into bowls and serve with a squeeze of fresh lime juice and coriander.
- 6 Cook rice according to package instructions.

Notes

Em says: I love this quick family friendly recipe! It can be served with cauliflower rice as an alternative to traditional brown, jasmine or basmati rice. You can make it vegan by substituting chicken for tofu and replacing the fish sauce with vegan fish sauce.

Veggies: You can use any of your favorite vegetables.