

Red curry vegetables

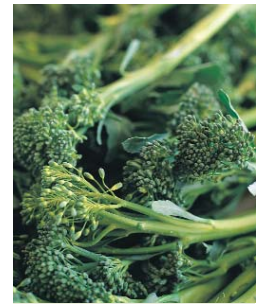


Red curry vegetables

Preparation: about 20 minutes
Cooking: about 10 minutes
Serves: 4

1 tbs peanut oil
1 onion, cut into thin wedges
2 garlic cloves, crushed
¼ cup Thai red curry paste
2 zucchini, thinly sliced diagonally
1 red capsicum, trimmed, deseeded and sliced
1 bunch broccolini, cut into 4 cm lengths
115g pkt fresh baby corn, halved
270ml can light coconut milk
125g mini Roma or grape tomatoes, halved
2 tbs lime juice
2 tbs roasted cashews, chopped
Steamed jasmine rice and lime wedges, to serve

1. Heat a wok over high heat. Add oil and heat until hot. Add onion and stir-fry for 2 minutes. Add garlic and curry paste. Stir-fry for 1 minute until aromatic.
2. Add zucchini and capsicum. Stir-fry for 1–2 minutes until just tender. Add broccolini, corn and coconut milk. Stir-fry for 2 minutes.
3. Toss through tomatoes and lime juice. Stir-fry for 1 minute. Sprinkle with cashews and serve with steamed jasmine rice and lime wedges.



Broccolini

- An excellent source of vitamin C, one of the important vitamins that helps build resistance against infections.
- A good source of beta carotene, which the body converts to vitamin A. Beta carotene is one of nature's antioxidants and is best obtained from foods
- Provides folate, one the B vitamins needed for heart health and especially important in the early weeks of pregnancy.
- A good source of dietary fibre, which is important for maintaining a healthy intestine.