

# Wok-fried red curry vegetables



## Wok-fried 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 red curry paste
  - 2 zucchini, thinly sliced diagonally
  - 1 red or yellow capsicum, trimmed, deseeded and sliced
  - 200g broccoli or broccolini, cut into small florets
  - 270ml can light coconut milk
  - 2 tbs lime juice
  - 125g mini Roma, grape or cherry tomatoes, halved lengthways
  - 1 cup bean sprouts, trimmed
  - 2 tbs roasted cashews, roughly chopped
- Steamed jasmine rice, 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 red curry paste. Stir-fry until aromatic.
  2. Add zucchini and capsicum to wok and stir-fry for 1–2 minutes until just tender. Add broccoli or broccolini and coconut milk. Stir-fry for 2 minutes.
  3. Toss through lime juice, tomatoes and bean sprouts. Spoon over jasmine rice in serving bowls, top with cashews and serve.



### Broccoli

- One of the most nutritious of all vegetables and an excellent source of vitamin C, the anti-infection vitamin.
- A good source of folate. This member of the B complex family of vitamins plays a role in heart health.
- A source of iron. Plant foods high in iron are especially important for vegetarians and also for children. Iron is an essential nutrient for making red blood cells and also plays a role in brain development.