

# Vegetable red curry



## Vegetable red curry

### Ingredients:

- 1 tbs peanut oil
- 1/4 cup good-quality red curry paste
- 1 cup vegetable stock
- 500g orange sweet potato\*, peeled and cut into 3cm x 1cm-thick pieces
- 1 cup reduced fat coconut milk
- 2 tbs brown sugar
- 200g small button squash, thickly sliced
- 100g snake or green beans, topped and cut into 5cm lengths
- 100g mini Roma or cherry tomatoes, halved
- 50g baby spinach leaves
- 2 Kaffir lime leaves, finely shredded
- steamed jasmine rice, to serve

\* Often sold as Kumara

### Health benefits of sweet potatoes:

- A source of carbohydrate and has a low glycaemic index (GI), so that the carbohydrate provides long-lasting energy.
- Orange fleshed varieties are rich in beta carotene, which the body converts to vitamin A.

### Method:

1. Heat oil in a large saucepan over high heat. Add red curry paste and cook, stirring constantly, for 1 minute until aromatic. Stir in stock, cover and bring to the boil. Add sweet potato. Reduce heat to medium, cover and cook, stirring often, for 10 minutes until sweet potato is almost tender.
2. Add coconut milk and brown sugar to pan. Stir to combine and bring mixture to a simmer over medium-low heat. Add button squash and beans and simmer (do not boil) for 4-5 minutes until button squash is just tender.
3. Add tomatoes, spinach and Kaffir lime leaves to pan. Simmer for 1 minute or until spinach just wilts. Spoon into serving bowls and serve with steamed jasmine rice. Top with extra shredded Kaffir lime leaves if desired.

Serves: 4

Preparation: 20 minutes

Cooking: about 20 minutes