

La Vita Vivi



THAI CURRY (VEGAN)

TIME TO PREPARE:

20 MINUTES

CURRY INGREDIENTS:
COCONUT OIL (1 TBSP),
RED CURRY PASTE (2 OZ),
GARLIC (1 CLOVE), ONION
(1 TBSP), GINGER (1 TSP),
LIGHT COCONUT MILK (3/4
CAN), RICE WINE VINEGAR
(1 TBSP), SOY SAUCE (TO
TASTE), BELL PEPPER,
BROCCOLI, CARROT

SIDE:
QUINOA OR BASMATI RICE
(BROWN)

GARNISHES:
LIME, CILANTRO, GREEN
ONION, RED PEPPER
FLAKES

INSTRUCTIONS:

STEP 1: COOK GARLIC AND ONION IN COCONUT OIL UNTIL SOFTENED.

STEP 2: ADD CURRY PASTE AND GINGER AND COOK UNTIL FRAGRANT.

STEP 3: ADD COCONUT MILK, RICE WINE VINEGAR AND SOY SAUCE AND SIMMER WHILE QUINOA COOKS.

STEP 4: COOK QUINOA.
(MICROWAVE: 3 MIIN)

STEP 5: ADD VEGGIES TO CURRY UNTIL CRISP-TENDER.

STEP 6: SERVE CURRY WITH QUINOA AND ADD GARNISHES.