



Thai Red Curry with Vegetables

2 tablespoons of vegetable oil
2-3 teaspoons Thai red curry paste
3 tablespoons fish sauce
1½ tablespoons palm sugar or brown sugar
1 red pepper, cut into strips
1 large onion, cut horizontally and into strips
350 g new potatoes
150 g green beans, topped and tailed **or** 200g pak choy, quartered lengthwise
440 ml coconut milk
7 kaffir lime leaves, torn in half (or zest of a lime)
Thai basil leaves, torn (optional garnish)

- Fill a medium saucepan with water and bring it to the boil. Salt the water. Add the new potatoes to the pot and bring the water back to the boil. Boil the potatoes for 10 minutes. Add the green beans to the pot and boil for 3 minutes. (You want the potatoes to be tender but not falling apart. Take one out of the pot and test it before you turn off your heat.) When the vegetables are tender, drain them and set the bowl aside. You can cut the larger new potatoes in half if you like.
- Add the vegetable oil to the wok and heat it over a medium heat for about 30 seconds.
- Add the curry paste, stirring well to combine. Cook it until fragrant (about 30 seconds to a minute).
- Add the fish sauce and the palm sugar and cook for another 1-2 minutes or until the mixture begins to darken.
- Add the onions and peppers and fry until they are almost cooked, (about 5 minutes.) Keep your heat on a medium high temperature and move the vegetables around with a spatula. If the mixture looks like it is drying out or burning, turn the heat down and add a little oil.
- Add the cooked potatoes and beans to the onions and peppers and stir to coat them with curry paste.
- Now, add the coconut milk (and pak choy if substituting for green beans). Simmer over a medium heat for another 3-4 minutes. If the mixture is too thick, you can thin it with some water. If it isn't thick enough, continue cooking it until it is the desired consistency.
- Add the torn kaffir lime leaves or the lime zest and simmer for a minute more.
- Taste then readjust the seasoning if necessary... If it is too spicy, add more coconut milk or water.
- Spoon into a serving bowl and serve with steamed jasmine rice.

Serves 4-6 as a main

Steamed Jasmine Rice

375g Thai jasmine rice

1 ½ teaspoons salt

550 ml water

- Weigh the rice in a medium sized bowl. Fill the bowl with water and scrunch the rice with your fingers to remove some of the starch. Pour out the water without pouring out the rice. Add more water and rinse the rice again. Do this 2 or 3 times until the water is clear. Drain the rice.
- Add the rice to a small saucepan (make sure this pan has a tight fitting lid.)
- Add the water and the salt and stir to combine.
- Bring the rice and the water to the boil over a high heat. DO NOT STIR.
- When the water begins to boil, turn the heat down as low as it your hob can possibly go and cover your pot. Set the timer for 11 minutes. DO NOT TAKE THE LID OFF THE RICE WHILE IT IS BOILING.
- When the buzzer rings, turn off the heat. LEAVE THE LID ON. Let the rice sit for 10 minutes with the lid on.

Serves 4-6