

Green Curry with Chickpeas & Mushroom

Recipe

Ingredients

- 1 Medium fresh onion, diced
- 4 Garlic cloves, crushed
- 1 Tbsp ginger, crushed
- 2 ¾ Cups button mushroom, sliced
- 250g Hard tofu, cubed
- 2 Cups canned chickpeas, drained
- 3 Tbsp Thai green curry paste
- 1 Cup carrots, diced
- 2 Cups coconut milk
- 1 Cup green beans
- 1 Tsp cornflour maize
- 1 Tbsp brown sugar
- 2 Tbsp olive oil
- 90ml (~6tbsp) water
- 1 Tsp salt

Instructions

Sauté onion, garlic, and ginger in olive oil in a large saucepan until translucent.

Add in green curry paste and stir for 3 minutes, then add mushrooms and cook for a further 3 minutes. Add tofu and cook until lightly golden, then add water, coconut cream, brown sugar, and salt. Bring ingredients to a boil, then add the remaining vegetables and chickpeas. Return to the boil and add cornflour to thicken the sauce.

Remove from the heat and serve over steamed rice.

Makes 6 serves.

Gluten free, Nut free, Dairy free.