

THAI-STYLE RED CURRY

Vegetables with Chicken or Tofu

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Thai food is extremely popular and one of my favorites, yet it's often loaded with added sugar. This flavorful recipe capitalizes on healthy fats, is gluten-free, and contains a much lower amount of added sugar when using the noted brands below.

Loaded with a combination of vegetables, you can add a protein such as chicken or tofu. This recipe also works well with cooked chickpeas, any firm white fish, shrimp or pork. For a flavor variation, try green or yellow curry paste in place of the red paste.

NOTE: This complete recipe can be prepared ahead, cooled and refrigerated for up to 3 days. As an alternative, prepare only the sauce ahead (step 2), cool completely, then refrigerate until ready to add the fresh ingredients at a later time.

One of the keys to making a good Thai curry is using good-quality, flavorful ingredients. Check an Asian or International grocery store, or online (such as [Import Food Thai Supermarket](http://ImportFoodThaiSupermarket.com)) for ingredients. For best flavor, I recommend the following brands:

- canned coconut milk: Aroy-D, Goya, or Chaokoh
- Thai red curry paste: Mae Ploy (spicier), Aroy-D (slightly less spicy)
- fish sauce: Red Boat (or coconut aminos can be purchased from regular grocery stores)

Makes: approximately 4 servings

INGREDIENTS

2 tablespoons oil (choose avocado, olive, sesame, canola, peanut, sunflower)
1 small or ½ large bell pepper (red, yellow or orange), cut into 14" slices
1 small or ½ large zucchini, sliced into ¼" rounds
1/2 small sweet onion, cut into ½" slices
1/2 bunch asparagus, tough ends removed, cut into thirds
-- OR - 8 ounces of snow peas/sugar snap peas
1 can (13 -15 ounces) unsweetened coconut milk
1 1/2 - 2 tablespoons Thai red curry paste
1 tablespoon fish sauce or coconut aminos
1 teaspoon lime juice
1 teaspoon molasses or honey
1/4 teaspoon nutmeg
1-pound boneless, skinless chicken (thighs or breast) or 10 - 12 ounces extra firm tofu, cut into 1" pieces
Handful fresh Thai basil leaves or sweet basil leaves, washed and patted dry

Suggested side: Jasmine brown rice, Jasmine white rice, brown basmati rice (hot, ready to serve)

DIRECTIONS

1. Heat oil in a large sauté pan or wok over medium-high heat; carefully add the vegetables when the oil is hot and shimmering. Stir-fry vegetables until just starting to soften - about 2-3 minutes. (They should be crisp, not fully soft or mushy.) Transfer the vegetables to a bowl or dish and set aside.

2. Reduce the heat to medium for the sauté pan or wok, and add the coconut milk, curry paste, fish sauce or coconut aminos, lime juice, molasses or honey, and nutmeg. Bring these ingredients to a

gentle simmer, cooking for 1 minute, whisking smooth. NOTE: Keep the coconut milk at a gentle simmer over medium to medium-low heat; avoid boiling.

3. Add the chicken or tofu and gently simmer for 3 - 5 minutes until cooked through.
4. Add the vegetables back into the pan, along with the fresh basil. Gently stir, then continue to simmer for another 2 minutes.
5. Remove from heat and serve with cooked rice.