



Veggie Thai Green Curry

with Quinoa



20-30min



2 Portions

For this healthier rendition of classic green curry, we've replaced plain white rice with nutty superfood quinoa, and kept it light and lean loaded simply with vegetables. A garnish of toasted pistachios and coconut lends texture, crunch and even more nutrition.

What we send

- Thai basil, green chilli
- green curry paste ⁶
- coconut milk
- carrot, zucchini
- green beans
- limes
- pistachios ¹⁵
- quinoa
- shredded coconut ¹⁷
- pak choy

What you'll require

- soy sauce ⁶
- sugar
- water

Utensils

- large deep frypan
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

Allergens

Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 655kcal, Fat 30.0g, Carbs 69.7g, Proteins 18.5g



1. Cook quinoa

Rinse the **quinoa** well in a sieve and drain. Put the quinoa and **500ml (2 cups) water** in a medium saucepan and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 12 mins or until the water has absorbed and the quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins.



4. Cook curry paste

Combine **half the curry paste** (reserve remainder for another use) and **125ml (½ cup) water** in the reserved frypan. Bring to the boil, then reduce the heat to medium and cook for 3 mins to develop the flavour.



2. Prepare ingredients

Trim the **green beans** and cut into 3cm lengths. Peel the **carrot**. Shred the carrot and **zucchini** with a julienne peeler or box grater. Trim the **pak choy**, cut into quarters lengthwise, then coarsely chop. Pick the **basil** leaves. Coarsely chop the **pistachios**. Thinly slice the **chilli** into rounds, discarding the seeds if less heat is desired.



5. Add vegetables

Add the **coconut milk**, **3 tsp soy sauce** and **1 tsp sugar** and bring to the boil. Add the **beans**, **carrot**, **pak choy** and **zucchini** and cook for a further 2 mins. Meanwhile, stir the **chilli** and **basil** into the **pistachio mixture**.



3. Toast coconut

Meanwhile, put the **coconut** and **pistachios** in a large deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Transfer to a bowl and reserve the pan. Cut the **lime** into wedges.



6. Get ready to serve

Stir **half the pistachio mixture** into the curry. Divide the **quinoa** and **curry** among bowls. Scatter over the **remaining pistachio mixture** and serve with the **lime wedges**.