



DropChef Fragrant Thai Green Vegetable Curry with Basmati Rice

Thai green curry is a wonderful dish for both taste and nutritional value. This is probably Thailand's best known dish, it contains traditional ingredients to make a spicy curry but you can leave out the red chili and put in more coconut milk if you would prefer it to be a little milder!

Nutritional Info

Calories: 490 kcal
Carbohydrates: 61 g
Protein: 45 g
Fat: 29 g

Ingredients

- Aubergine
- Red Chilli
- basil
- Cashews
- Palm Sugar
- Basmati Rice
- Coconut Milk
- Thai Green Curry Paste

Your Pantry

- Olive Oil

Allergens


Nuts (Cashew Nuts)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Go nuts**

Lightly toast the cashews in a dry frying pan without oil, and set aside.

2) **Prepare the vegetables**

Slice the chilli on the diagonal, and discard the seeds to reduce the level of hotness. Chop the bottom off the aubergine, then cut it into 2cm cubes.

3) **Cook the rice**

Place the rice in a saucepan with a lid and cover over by an inch with hot water. Bring to the boil, turn heat down to low and simmer for 10 min with lid on. Turn off the heat, remove lid and let steam for 5 min – keep warm.

4) **Cook the curry paste & aubergine**

Heat the pan on a medium/high heat. Add some oil. Add the curry paste. Cook for 1 minute, until fragrant. Add in the aubergine and cook for 3 minutes.

5) **Add the coconut milk & brown sugar**

Add half of the coconut milk and cook for 3 minutes. Now add the palm sugar. Stir together.

6) **Add the basil leaves**

Add the basil leaves to the curry and stir through.

7) **Plate the dish**

Place your rice on the plate and spoon on the green curry. Sprinkle the sliced chilli and the cashew nuts on top



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