

Thai Vegetable Curry



SERVES 4



PREP TIME 15 mins



COOKING TIME 20-25 mins

Ingredients

- Half packet of *Carla's Thai Seven Spice Blend*
- 20 ml vegetable oil
- 400ml tin coconut milk
- 100ml/3½fl oz vegetable stock
- 2 tbsp (approx. 66g) tomato puree
- 125g/4½oz peeled and cubed sweet potatoes
- 125g/4½oz peeled and cubed butternut squash
- 1 bunch spring onions, finely chopped
- 125g/4½oz French beans
- 125g/4½oz courgette, cut into chunks

To serve:

- Basmati rice, cooked
- Fresh coriander
- 1 red chilli, thinly sliced

Instructions

- Mix the *Carla's Thai Seven Spice* with the vegetable oil to make a paste.
- Add 4 generous spoonfuls of paste to a pan (one per person) and cook on a low heat until it becomes fragrant. Turn up the heat to high, add the coconut milk and stock and bring to the boil. Simmer for 3 minutes.
- Add the sweet potatoes, butternut squash and spring onions and simmer for 5 to 10 minutes. Add the French beans and courgette and simmer for a further 5 minutes, or until the vegetables are just tender.
- Meanwhile, chop some coriander and stir it through the rice. Garnish the curry with the chilli and a sprig of coriander and serve it with rice.

Carla's product used in this recipe: [Thai Seven Spice Blend](#)
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