

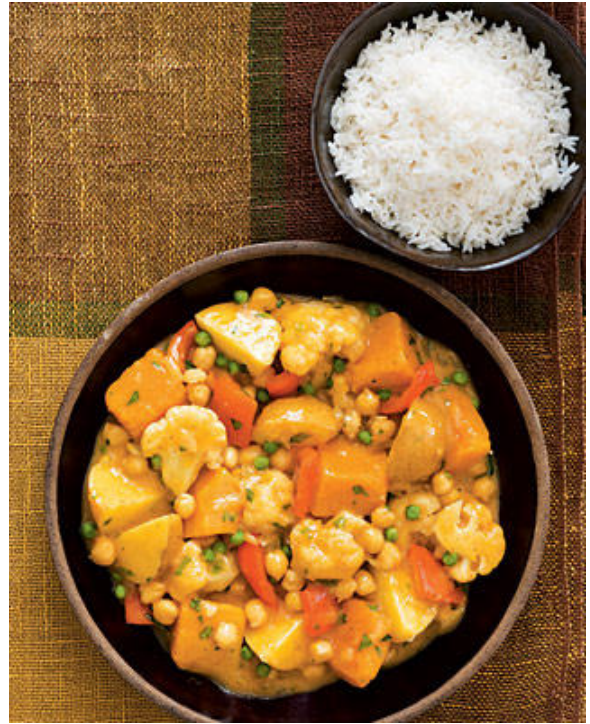
# Vegetable Curry

## Ingredients:

- 1 ½ tbsp. canola oil
- ⅔ cup coconut milk, low fat
- ¼ cup vegetable stock or water
- 7 oz. sugar snap or snow peas, trimmed
- 2 medium carrots, julienned
- 4 oz. baby corn, cut in half lengthwise
- 1 cup pineapple, fresh, cut into bite size pieces
- 5 oz. cherry tomatoes
- 2 tbsp. tamarind puree
- 1 tbsp. light soy sauce
- 1 tbsp. palm sugar
- 2 kaffir lime leaves
- 1 Thai red chili, stemmed, seeded, finely sliced

## Curry Paste

- 2 dried long red chilies, about 5"
- 1 lemongrass stalk, 5", fine sliced
- 1" galangal, fresh, peeled, fine sliced
- 5 kaffir lime leaves, fine chopped
- 4 garlic cloves
- 3 shallots, rough chopped
- 5 cilantro roots, fine chopped
- 1 tbsp. paprika
- 1 tsp. ground cumin



## Nutrition Facts

|  |                              |
|--|------------------------------|
| Serving Size 5 oz (140g)   |                              |
| Servings Per Container 8   |                              |
| <b>Amount Per Serving</b>  |                              |
| <b>Calories</b> 120  | Calories from Fat 50         |
| % Daily Value*   |                              |
| <b>Total Fat</b> 6g  | <b>9%</b>                    |
| Saturated Fat 2g   | <b>10%</b>                   |
| Trans Fat 0g   |                              |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                    |
| <b>Sodium</b> 150mg  | <b>6%</b>                    |
| <b>Total Carbohydrate</b> 16g  | <b>5%</b>                    |
| Dietary Fiber 2g   | <b>8%</b>                    |
| Sugars 8g  |                              |
| <b>Protein</b> 3g  |                              |
| Vitamin A 70% • Vitamin C 35%  |                              |
| Calcium 4% • Iron 6%   |                              |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |
|  | Calories: 2,000    2,500     |
| Total Fat  | Less than 65g    80g         |
| Saturated Fat  | Less than 20g    25g         |
| Cholesterol  | Less than 300mg    300mg     |
| Sodium   | Less than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |

## Directions:

1. To make the curry paste: remove the stems and slit the chilies lengthwise with a sharp knife. Discard all the seeds and roughly chop the flesh.
2. Soak the chilies in hot water for 2 minutes until soft, then drain.
3. Use a mortar and pestle or blender to grind the chilies, lemongrass, galangal, and kaffir lime leaves into a paste.
4. Add the garlic, shallots, cilantro roots and grind until smooth. Add the remaining ingredients and grind together until smooth.
5. Heat the oil in a wok or skillet and stir-fry the dry curry paste over medium heat for 2 minutes or until fragrant.
6. Add coconut milk and stock and heat just to boiling.
7. Add the peas, carrots, and corn and cook for 3-4 minutes.
8. Add the pineapple, tomatoes, tamarind puree, soy, sugar, and kaffir lime leaves.
9. Simmer uncovered for another 2-3 minutes. Spoon onto a serving bowl, garnish with chili, serve immediately with a side of brown rice.