

# THAI GREEN CURRY

Winter has come and gone but you can still enjoy the warm spicy flavours of Winter in this light and healthy Thai inspired green curry.

## Ingredients:

- 2 tbsp B-Well™ Canola Oil
- 1 large onion
- 3 cm piece of ginger
- 1 ½ cups of frozen carrot, cauliflower, and broccoli mix
- ¾ cup of snap peas
- 8 stalks of baby corn
- 200ml low sodium vegetable stock
- 1 can of reduced fat coconut milk
- 1 tbsp maple syrup
- 1-2tsp green curry paste
- ¼ tsp salt
- ½ a cup of peanuts or cashew nuts

## Optional:

- ½ a lime (juiced)
- ¾ cup of steamed chicken breast



## Instructions:

Peel and slice the onion and mince the ginger. Fry them in B-Well™ Canola Oil on medium heat until the onions have softened slightly.

Add the frozen vegetables and allow them a few minutes to cook.

In the meantime, wash the snap peas and slice them along with the baby corn into small chunks. Then add them into the pan with the other vegetables.

Add the low sodium vegetable stock and reduced fat coconut milk and turn it down to simmer for 10-15 minutes. Then add the curry paste, maple syrup and salt to taste and let it cook for a further 5 minutes.

Finally, add the nuts in the last minutes of cooking so they are still crunchy. The optional ingredients can also be added at this point.

Serve and enjoy!

