

Yellow Curry with Seasonal Vegetables

Prep time: 20 minutes

Cooking time: 35 minutes

Serve: 2 people

Serving suggestion: Flat bread

Curry paste:

Lemongrass 80g

Galangal 40g

Dried chilli (large) 40g

Turmeric powder 20g

Red capsicum 80g

Candle nut 40g

Small red chilli 30g

Fennel powder 10g

Cooking oil 3 Tbs

Curry leaves 5g

Method:

-Put all of the above in a food processor, blend until fine with oil, remove from processor and set aside for later use.

Curry Ingredients:

Carrot 40g

Potato 40g

Okra 40g

Eggplant 40g

Cauliflower 50g

Pumpkin 50g

Tofu puff 40g(cut into portion)

Coconut milk 200ml

Fresh cream 50ml

Vegetable stock 100ml

Salt to taste

Fresh cooking oil 100ml

Method:

-Clean all of the above vegetables then cut into chunk, set aside, place vegetables into a pot of boiling water to cook for about 5 minutes then remove from water and set aside,

-heat pan with oil in medium heat, test temperature with a sprig of off cut vegetable, place curry paste into pan, stir and continue to cook until paste is cooked,

-toss in partially cooked vegetables into curry paste, keep stir for about 2 minutes,

-add in coconut milk, continue to stir, add in stock, cook for further 5 minutes in low to medium heat,

-season with salt, then add in fresh cream, gently stir for about 30 seconds, remove from stove and is ready to serve with flat breads.