



Bombay to Bangkok Vegetable Curry



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots sliced
- ☐ 1 cup cauliflower florets
- ☐ 0.3 cup coconut or shredded unsweetened dry ()
- ☐ 0.3 teaspoon coconut extract
- ☐ 2 tablespoons coconut oil
- ☐ 0.5 teaspoon curry powder
- ☐ 1 cup dairy free coconut milk unsweetened to taste so delicious®
- ☐ 6 inch ginger root fresh peeled sliced into matchlike pieces

- ☐ 4 cloves garlic minced
- ☐ 0.5 juice of lime juiced
- ☐ 6 kaffir lime leaves
- ☐ 0.5 cup onion chopped
- ☐ 1 cup peas frozen
- ☐ 1 bell pepper red seeded sliced into thin strips
- ☐ 3 tablespoons soya sauce
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon thai chili sauce to taste
- ☐ 12 ounces spicy tofu firm cut into triangular pieces 1/
- ☐ 1.8 cups vegetable stock
- ☐ 1 yam peeled cut into 1/2-inch cubes

Equipment

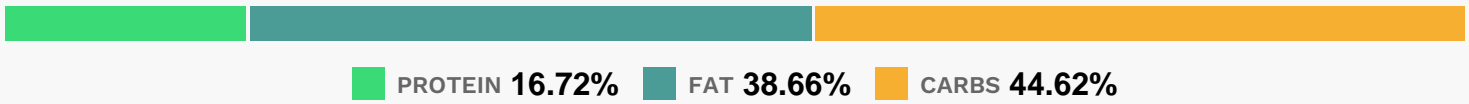
- ☐ bowl
- ☐ frying pan
- ☐ stove
- ☐ wok

Directions

- ☐ Place shredded coconut in a dry wok or large frying pan over medium heat. Stir continuously until the coconut turns a light golden brown.
- ☐ Pour coconut into a small bowl as soon as it is toasted, to prevent burning.
- ☐ Replace the wok or frying pan on the stove.
- ☐ Heat coconut oil over medium heat until melted, then add onion, garlic, ginger and curry powder. Stir-fry 1-2 minutes, or until onion begins to soften.
- ☐ Turn up the heat to high.
- ☐ Add the stock, plus the lime leaves, chili sauce, soy sauce, sugar, and most of the toasted coconut (reserve 1 to 1 1/2 tablespoons). Stir everything together.

- ☐ Add the sweet potato or yam, cauliflower, carrots, and eggplant (if using). Allow to reach a boil, then reduce heat to medium. Allow to simmer for 2–3 minutes.
- ☐ Add the red pepper and tofu or tempeh, stirring to incorporate. Cover and allow to simmer for 15 minutes, until sweet potato and eggplant are fully cooked.
- ☐ Add the peas and green beans (if using), and cook another 2–3 minutes, or until peas have softened but are still bright green. Don't worry if the curry seems too thick with vegetables at this point. Simply stir them in the best you can. The curry will thin out.
- ☐ Turn heat down to low and add the coconut milk and extract, stirring well.
- ☐ Add up to 1 1/2 cups coconut milk, depending on how much sauce you want with your curry.
- ☐ Stir in lime juice.
- ☐ Remove from heat and taste for saltiness and spice, adding more soy sauce or chili sauce (or fresh-cut chilies) if desired.
- ☐ To serve, scoop the curry onto individual plates or into serving bowls. Top with a sprinkling of the reserved toasted coconut.
- ☐ Serve with jasmine or basmati rice.

Nutrition Facts



Properties

Glycemic Index:122.67, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:24.650869369507%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 362.88kcal (18.14%), Fat: 16.22g (24.95%), Saturated Fat: 9.79g (61.16%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 33.51g (12.18%), Sugar: 18.45g (20.5%), Cholesterol: 0mg (0%), Sodium: 1286.55mg (55.94%), Alcohol: 0.11g (100%), Alcohol %: 0.03% (100%), Protein: 15.78g (31.57%), Vitamin A: 15702.97IU (314.06%), Vitamin

C: 76.74mg (93.02%), Manganese: 0.76mg (37.86%), Fiber: 8.61g (34.43%), Vitamin B6: 0.63mg (31.39%), Calcium: 252.44mg (25.24%), Folate: 92.3µg (23.08%), Vitamin B3: 4.51mg (22.57%), Potassium: 773.2mg (22.09%), Vitamin K: 20.63µg (19.65%), Iron: 3.29mg (18.29%), Copper: 0.36mg (18.15%), Vitamin B2: 0.3mg (17.83%), Vitamin B1: 0.26mg (17.43%), Vitamin E: 2.56mg (17.08%), Phosphorus: 142.59mg (14.26%), Magnesium: 56.75mg (14.19%), Vitamin B12: 0.64µg (10.62%), Vitamin B5: 1.01mg (10.15%), Zinc: 1.29mg (8.57%), Selenium: 4.44µg (6.35%), Vitamin D: 0.71µg (4.72%)