

Quick and Easy Thai Red Curry

Cooking Instructions

1. Cook brown rice by adding to two cups of water and simmering while covered on a low heat for 35-45 minutes.
2. Sauté chopped onion with oil for roughly 5 minutes, until translucent.
3. Add the rest of the vegetables through carrots and cook until slightly softened, roughly 10 minutes.
4. Add ingredients through water and simmer on low heat for 10-20 minutes more, until vegetables are soft.
5. Add sliced kale and cover until kale has wilted and incorporated fully, roughly 3-6 minutes.
6. Salt to taste, then serve over brown rice with a little lime juice on top.

Recipe

- 1 cup brown rice
- 1 Tbsp olive oil or coconut oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, sliced into 2-inch long strips
- 1 yellow, orange or green bell pepper, sliced into 2-inch long strips
- 3 carrots, sliced diagonal into ¼-inch thick rounds (about 1 cup)
- 1 15oz can chickpeas, drained and rinsed
- 2-4 Tbsp Thai red curry paste
- 1 15oz can coconut milk
- ½ cup water
- 1 ½ cups packed thinly sliced kale (remove stems first) Tuscan/lacinato/dinosaur varieties work best
- Salt to taste
- 2-3 tsp fresh lime juice

Grocery List (add optional toppings to list as desired)

Produce

- 1 onion
- 2 cloves garlic
- 1 red bell pepper
- 1 yellow, orange or green bell pepper
- 3 carrots
- 1 bunch kale, Tuscan, lacinato, dinosaur varieties work best
- 1 lime

Canned Goods/Grocery

- 1 cup brown rice
- 1 jar Thai red curry paste
- 1 15oz can coconut milk
- 1 15oz can chickpeas

Spices

- salt