**Green vegetable curry**

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| ***IMG_1965****This is a beautiful, fresh, hot curry which uses whatever green vegetables are in season.***Season:**All year**Difficulty:**Easy**Serves:**6 at home or 25-30 tastes in the classroom**Fresh from the garden:**asparagus, beans, snow peas, broccoli, zucchini |
| **Equipment*** metric measuring spoons and cups
* chopping boards
* knives – 1 small, 1 medium
* medium saucepan
* wooden spoon
* scales
* serving bowls

  | **Ingredients*** 600 g mixed green vegetables (e.g. asparagus, beans, snow peas, broccoli, zucchini, cauliflower)
* 12 leaves silverbeet
* 1 packet tofu
* 400 ml coconut milk
* 1.5 tablespoons green curry paste
* 8 kaffir lime leaves
* 350 ml vegetable stock or water
* 30 ml fish sauce
* 3 teaspoons lime juice
* ½ cup Thai basil leaves
* ½ cup coriander leaves
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| **What to do*** Set out your equipment and ingredients.
* Prepare the mixed green vegetables by slicing or cutting into thickness of the same size to ensure even cooking.
* Separate the basil and coriander leaves from their stems.  Put the leaves to one side and put the stems in the compost bucket.
* Wash the spinach or silverbeet and drain well.  If using spinach cut off the stems and put them in the compost bucket.
* If using silverbeet separate the leaves from their stems by slicing along each side of the stem. Roll the leaves into a loose bunch, then shred with the large knife .Wash the silverbeet stems and finely chop them
* Cut the tofu into cubes.
* Heat the coconut milk to boiling point in a large frying pan or wok and stir in the green curry paste and lime leaves.  Simmer gently, uncovered for 5 minutes.
* Add the stock, fish sauce and lime juice and simmer for a further 5 minutes.  Taste and adjust the seasoning if necessary.
* Add the vegetables and cook for 6 – 10 minutes or until the vegetables are soft but not mushy.
* Add the spinach/silverbeet leaves and allow to wilt in the sauce.
* Gently stir in the tofu pieces with the basil and coriander leaves.  Heat through for 2 minutes, then serve..
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