**Green vegetable curry**

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| ***[IMG_1965](https://majurakitchengarden.files.wordpress.com/2013/11/img_1965.jpg)***  *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 |
| **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.. | |