

## Thai Green Curry

This recipe can be vegetarian or not. Add things to suit your own taste.

2-3 Tbsp Thai Green Curry Paste (check ingredients for sugar- *Thai Kitchen* is a good brand)

1 Tbsp oil (coconut oil is great!)

1 onion, chopped

$\frac{1}{2}$  inch ginger, chopped

2 cloves garlic, crushed

14 oz can good coconut milk

2-3 sprigs fresh Thai basil

*Any of the following:*

2-3 chicken breasts or 4-6 chicken thighs

$\frac{1}{2}$  cup frozen peas

2 carrots, sliced

1 each red and green pepper

$\frac{1}{2}$  cup green beans

$\frac{1}{2}$  cup veggie stock or water

Heat oil in heavy-bottomed pot and add onions. Cook 2 minutes on med-low heat. Add garlic and ginger and cook until fragrant and soft. Whisk curry paste into coconut milk and add to onions. Add chicken (if using) and stock and simmer until chicken is almost cooked through. Add veggies and simmer until al dente. Add salt to taste. Garnish with basil and serve with brown rice or quinoa.