

Thai Vegetable Curry

Season: Spring

Type: Main

Serves: 32 tastings

From the garden: Pumpkin, cauliflower, broccoli & spring onion



Class focus: Cutting broccoli & cauliflower into florets

Equipment:

Large saucepan x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Juicer x 1
Serving bowl x 5
Small ladle x 5

Ingredients:

¼ cup canola oil
1 spring onion (white & green part, finely chopped)
2 cloves garlic (minced)
1 tablespoon lemongrass paste
¼ teaspoon ground ginger
1 teaspoon turmeric powder
4 kaffir lime leaves

1 piece of pumpkin (skin-on, cubed – 2cm)
1 cauliflower (stem included, cut into small florets)
½ broccoli (stem included, cut into small florets)
1 can coconut milk
Juice of ½ lemon/lime
½ tablespoon fish sauce
½ tablespoon dried coriander leaves
1 ½ cups water
1 teaspoon salt
2 tablespoons sugar

½ cup frozen peas

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put the first 7 ingredients in a large saucepan, cook over medium-high heat until spring onion is softened.
3. Add the next 10 ingredients, bring it to a boil, then turn the heat to low and simmer for 10 minutes.
4. Add the last ingredient and simmer for another 1 minute.
5. Serve into 5 large serving bowls with a small ladle in each and serve with rice.

For vegan / vegetarian option:

Add the fish sauce at the end so you can take a portion out without fish sauce for the vegan or vegetarian students.