



## The Hydro's Thai Green Curry

### Ingredients:

#### For the curry paste:

- 4 green chillis
- ½ white onion
- 2 stalks lemongrass
- 2cm piece ginger
- 2 garlic cloves
- 20g fresh coriander
- 1 tsp each: cumin, paprika, turmeric
- 1 lemon/lime (zested and juiced)
- 2 tbl honey

#### For the curry:

- 2 small aubergines, cubed
- 100g each: mushrooms, green beans, broccolini
- 1 punnet baby corn
- 1 tin coconut cream
- Salt & pepper



### Method:

1. Combine all paste ingredients in a blender and pulse until smooth.
2. In a large pan, heat a drop of olive oil and add the curry paste, honey, and coconut cream. Cook for 2-3 minutes.
3. Add all the vegetables to the sauce, stirring well. Simmer for 5 minutes until tender.
4. Season, taste, and serve over Jasmin rice. Garnish with fresh coriander.

Yield: ± 4 servings

Prep time: ± 15 minutes

Cook time: ± 8-10 minutes