

# "THAI RED CURRY"

LILY "MAKES" A NEW FRIEND TO HELP WITH DR. GREG'S THAI RED CURRY RECIPE!

## INGREDIENTS (SERVES 4)

1 CUP JASMINE RICE, RINSED  
 1 TABLESPOON OLIVE OIL  
 1 SMALL WHITE ONION, CHOPPED  
 PINCH OF SALT, MORE TO TASTE  
 1 TABLESPOON FINELY GRATED FRESH GINGER  
 2 CLOVES GARLIC, MINCED  
 1 RED BELL PEPPER, JULIENNED  
 1 YELLOW OR ORANGE BELL PEPPER, JULIENNED  
 3 CARROTS, PEELED JULIENNED  
 2 TABLESPOONS THAI RED CURRY PASTE  
 1 CAN (14 OUNCES) REGULAR COCONUT MILK  
 ½ CUP WATER  
 1½ CUPS PACKED SPINACH  
 1 TABLESPOON BROWN SUGAR  
 1 TABLESPOON SOY SAUCE  
 2 TEASPOONS FRESH LIME JUICE  
 HANDFUL OF CHOPPED FRESH BASIL AND CILANTRO

## METHOD

1. IN A COLANDER, THOROUGHLY RINSE AND DRAIN THE RICE.
2. ADD THE RINSED RICE TO A MEDIUM POT WITH 1½ CUPS OF WATER AND A PINCH OF SALT AND BRING TO A BOIL.
3. ONCE THE RICE BOILS, PLACE THE LID ON THE POT, REDUCE IT TO A SIMMER ON MEDIUM-LOW HEAT AND COOK UNTIL THE WATER IS ABSORBED AND THE RICE IS FULLY COOKED.  
FLUFF WITH A FORK.
4. PEEL AND DICE THE WHITE ONION, MINCE THE GARLIC, REMOVE THE SEEDS AND JULIENNE THE BELL PEPPERS, PEEL AND JULIENNE THE CARROTS, PEEL AND GRATE THE GINGER.
5. SLICE UP THE CILANTRO LEAVES AND CHIFFONADE THE BASIL.
6. HEAT A LARGE SKILLET OVER MEDIUM HEAT. ONCE THE SKILLET IS HOT, ADD THE OIL.
7. ADD THE ONION AND A PINCH OF SALT AND STIR, COOKING UNTIL THE ONIONS ARE TRANSLUCENT.
8. ADD THE GARLIC AND GINGER AND COOK UNTIL THEY ARE FRAGRANT. APPROXIMATELY 1 MINUTE.
9. ADD THE CARROTS AND BELL PEPPERS AND COOK UNTIL THEY ARE TENDER AND CRISP.
10. ADD THE THAI RED CURRY PASTE AND COOK FOR ABOUT 2 MINUTES.
11. ADD THE COCONUT MILK, WATER, AND BROWN SUGAR AND STIR TO COMBINE. BRING THE MIXTURE TO A SIMMER AND COOK FOR ABOUT 5 TO 10 MINUTES, UNTIL THE PEPPERS AND CARROTS ARE SOFT.
12. REMOVE THE SKILLET FROM THE HEAT AND STIR IN THE SOY SAUCE, LIME JUICE, AND THE SPINACH.
13. SERVE WITH RICE AND GARNISH WITH CHOPPED THAI BASIL AND CILANTRO AND A SLICE OF LIME.

## HELPFUL HINTS

- BEFORE COOKING THE RICE, MAKE SURE TO RINSE IT USING A COLANDER.
- THERE ARE 3 WAYS IN WHICH YOU CAN PREVENT YOUR EYES FROM WATERING WHEN CUTTING AN ONION:
  1. BREATHE THROUGH YOUR MOUTH.
  2. BITE DOWN ON A WOODEN SPOON.
  3. TRY CHEWING GUM - YOUR BREATH WILL SMELL GOOD!
- USE A SPOON RATHER THAN A PEELER TO PEEL THE GINGER.
- ADD THE SPINACH INTO YOUR CURRY SAUCE AT THE END ONCE YOU'VE TURNED OFF THE BURNER.

