
Thai Green Curry with Shrimp

Description

This is a crowd-pleasing dish that can serve a large number of people because it's great served with rice! It's loaded with healthy veggies, shrimp and has an exotic flavor – pour it over some brown jasmine rice to really make it part of a unique and healthy meal.

Total time: 40 min Yield: 6 Servings

Ingredients

- 1 1/2 lb large shrimp (U16-20 or smaller) (shell off and cleaned, tail on)
- 1 can sliced water chestnuts (10 oz. can)
- 1 red bell pepper (sliced thin)
- 1 yellow bell pepper (sliced thin; optional-adds great color!)
- 1 medium sized Maui onion (halved then slice top to bottom into thin wedges)
- 6 long green beans (cut into 2" pieces; can substitute regular green beans)
- 3 medium sized Japanese eggplant (sliced thin on the diagonal)
- 1 juicy lime
- 1 bunch Thai basil leaves (leaves only)
- 1 tsp garlic (minced)
- green curry paste
- 2 can unsweetened coconut milk (14 oz. cans)
- 3 Tbsp Asian fish sauce (Thai or Vietnamese)
- 2 Tbsp canola or vegetable oil

Prep Time: 40 min Total Time: 40 min

Instructions

This is best cooked in a wok, however, a large pot can work just as well – the trick is to use high heat and have all your ingredients ready and close by. Start by heating the oil, then add all the veggies at once, continuing to stir as they cook. As they start to soften, add the garlic and 1 teaspoon of the green curry paste (you can add more later, if needed). Continue to stir for about 30 seconds, then add the coconut milk, fish sauce and squeeze the lime in. Once the liquid is steaming hot, add in the shrimp. Keep stirring! As the shrimp start to get pink, taste the sauce. If you want more heat (ie. spicyness), add ¼ teaspoon additional curry paste at a time until you like what you taste. Turn off the heat, throw in the Thai basil leaves and fold them into the curry.

That's it! When you think about it, once you have all the ingredients prepared, all you do is put it together and stir for less than 10 minutes. Ladle over rice and enjoy!

Recipe brought to you by:

Chef Michi Holland

Source:

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