
Thai Green Curry

Yield: 4 Servings

Ingredients

2 japanese eggplant (long)
1 green bell pepper (sliced thin)
1 red bell pepper (sliced thin)
1 onion (medium, sliced thin)
vegetable oil
1 tsp prepared green curry paste
28 oz coconut milk
2 Tbsp fish sauce
1 lime (juiced)
1 pkg firm tofu (cubed, optional)
1 lb chicken (cooked, optional)
1 bunch Thai basil (chopped, optional)

Cooking Time: 25 min

Instructions

Cut the eggplant in half lengthwise, then slice long and thin on the diagonal. Seed, core and slice both the green and red bell peppers, then slice the onion into long strips. Thin sliced veggies work best in the recipe to ensure they cook quickly.

Over medium high heat, add a splash of oil to a medium or large pot, just enough to lightly coat the bottom. Add the onion and saute until it starts to get soft, then add the eggplant and curry paste. Continue to saute until eggplant starts getting soft, then add the coconut milk.

Turn up the heat; when the liquid starts to gently boil, add the bell pepper, fish sauce and lime juice. Continue to cook for another 3 minutes, then add cubed tofu or chicken to make this a protein-packed dish. Top with Thai basil if desired and serve with your favorite type of rice.

Suggested Beverage Pairing: La Crema Monterey Chardonnay

Recipe brought to you by:

Chef Michi Holland