

Shoots and leaves red curry



Shoots and leaves red curry Romas Foord

Mimi Spencer

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Serves 4; 128 calories per serving

- 1 tbsp vegetable oil
- 1 large onion, cut into wedges
- 1 red pepper, deseeded and sliced
- 2 garlic cloves, chopped
- 2 tbsp Thai red curry paste
- 300ml vegetable stock
- 2 tbsp Thai fish sauce
- 1 tsp soft brown sugar
- 200g tin bamboo shoots, drained
- 200g beansprouts
- 220g tin water chestnuts, drained and sliced
- 2 tbsp coriander, chopped
- 200g young spinach leaves
- 25g peanuts, chopped
- Handful of basil leaves

1 Heat oil in a wok or large frying pan, add onion, pepper and garlic and fry on a medium

heat for 5 minutes or until softened. Add curry paste and cook for a further 2 minutes.

2 Add stock, fish sauce and sugar. Bring to the boil, stir, lower heat and simmer for 15 minutes.

3 Add bamboo shoots, beansprouts, chestnuts and coriander, and cook uncovered for a further 15 minutes, adding the spinach towards the end of the cooking time. Serve with a scatter of chopped peanuts and basil leaves.

Fast Cook by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; timesbooks.co.uk

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