DietCloud – Recipe

Recipe Name: Thai Yellow Curry Recipe

Diet Type:

Course: Lunch

Cuisine: Thai

Quantity:



Ingredients

Ingredient	Quantity
• 3 cups Mixed vegetables - (I used potato	4
• 200 ml Coconut milk	
• 200 ml Chilled water	
• Thai basil leaves - few s (optional)	
• 2 Stalks Lemongrass - chopped	
• 3 Galangal - (Indonesian ginger) or ginger	
• 4 Onion	
• 10 Dry Red Chilli - soaked in water for 15 minutes	
• 8 Kaffir lime leaves - Lemon Leaves	
• 2 cloves Garlic	
• 1 tablespoon Coriander (Dhania) Leaves	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/3 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Thai Red Curry Paste	
• Salt - to taste	

Preparation

• To prepare Thai Yellow Curry recipe, begin with preparing the yellow curry paste first.

• Get prep with all the ingredients required and dry roast coriander & cumin seeds.

• Mix all the ingredients - lemongrass, galangal, small onion, dry red chilli, Kafir lime/lemon leaves, garlic, coriander, cumin, turmeric powder, curry powder/chilli powder, salt and blend it in Mixer with the water used for soaking dry chilli.

• This can be stored in freezer for upto a week.

• For The CurryIn a Shallow fry pan, saute potato & ladies finger with a spoon of oil.

• Do not cook completely; just al dente.

• Keep aside.

- In the same pan, add a little oil.
- Once the oil is hot, add yellow curry paste and fry till raw smell disappears and aromatic.
- Add the vegetables and mix well with the paste.
- We have already added salt in the paste, you may adjust additional salt if needed at this stage.
- On medium flame, add water to the mixture as required and close the lid for 5-8 minutes so that it cooks well.
- The potato will still not be cooked at this stage.
- Add coconut milk and cook for 10 minutes or until the potato or the hardest vegetable you have used is cooked completely.
- Garnish with Thai basil leaves.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)