

## Thai-Style Green Vegetable Curry

### Equipment needed –

Large saucepan, chopping boards, small knives, tablespoon, measuring jug and wooden spoon.

### Ingredients from the Garden –

- 4 tablespoons finely chopped lemon grass
- 8 kaffir lime leaves shredded
- 2 medium leeks, sliced
- 1 head of broccoli, cut into florets
- 1 bag of frozen green beans
- 2 zucchinis, coarsely chopped
- 400 grams of wombok leaves, coarsely chopped
- 400 grams of silver beet leaves, coarsely chopped
- 1 bunch of coriander

### Ingredients from the Pantry –

- Olive oil spray
- 4 tablespoons of Thai-style green curry paste
- 4 cans of coconut milk
- 4 tablespoons of soy sauce
- 4 tablespoons of lime juice
- 4 cups of vegetable stock

### What to do –

1. Slice the leek and set aside.
2. Wash and chop the silver beet and wombok leaves.
3. Wash and slice the zucchinis then shred the kaffir leaves and set aside.
4. Cut the broccoli into florets.
5. Spray the bottom of the saucepan with olive oil. Measure out 4 tablespoons of lemon grass into the saucepan. Add the shredded kaffir leaves and leek and cook stirring until the leek is soft.
6. Measure out 4 tablespoons of the green curry paste and stir until fragrant.
7. Stir in the coconut milk, the stock and add 4 tablespoons of soy sauce. Simmer uncovered for about 5 minutes or until the sauce thickens slightly.
8. Add the chopped vegetables and simmer uncovered until the vegetables are just tender.
9. Once the vegetables are cooked, stir in the chopped coriander and 4 tablespoons of lime juice.
10. Divide the curry amongst 3 serving bowls to serve.

### Serves –

- 28 students.