Vegan Yellow Thai Curry with Vegetables

Hosted by: Christine McNamara, SHS Registered Dietitian

Adapted from: https://www.thespruceeats.com/yellow-thai-curry-with-mixed-vegetables-3378118

Author: Jolinda Hackett

Prep: 10 mins | Cook: 10 mins | Total: 20 mins
Yield: 4 servings

Ingredients:
• 1 cup vegetable broth
• 1 cup coconut milk
• 1 potato, pre-cooked and chopped
• 2 carrots, pre-cooked and sliced
• 1 cup broccoli
• ½ head cauliflower, chopped
• 1 tbsp. fresh ginger, grated or minced
• 1 tsp. sugar
• 3 cloves garlic, minced
• ½ tsp. turmeric
• 2 tsp. curry powder
• 3 tsp. chili sauce
• 1/3 tsp. salt (use sea salt or kosher salt)

TOP WITH...
• Fresh chopped cilantro

Instructions
1. First, place the coconut milk and vegetable broth in a large pot and give it a quick stir. Bring the mixture to a slow simmer.
2. Add in the pre-cooked or leftover potatoes, carrots, broccoli, and cauliflower (or whatever vegetables you are using) and allow the mixture to simmer for a few minutes, stirring once or twice.
3. Add in the ginger, sugar, garlic, turmeric, curry powder, chili sauce, and salt and stir to combine well.
4. Allow the yellow curry to continue to cook over medium-low heat for 3 to 5 more minutes, or until the vegetables are all tender.
5. Taste, and adjust the seasonings to taste. You may want to add a bit more salt or a squeeze of fresh lime juice, or top it all off with some fresh chopped cilantro for serving.
6. Serve your prepared yellow curry over rice if desired.