

Weeknight Curry

Hands down the easiest and most satisfying midweek meal at my house is a Thai Curry. The beauty of curry is that you can use almost any leftover vegetables in your fridge, and with the right sauce, and a bit of steamed rice it will be a hit. Pictured above is this week's curry of sweet peppers, onions, baby bok choy, shiitake mushrooms, and a few fingerling potatoes. If you're new to this, you might want to begin with a standard base of onions, peppers, and mushrooms and build from there depending on what's available.

My curry game immensely improved when I discovered this Thai and True Curry Paste available online. They have several options to choose from, but yellow curry is my current favorite. If I can rally a bit of help chopping veggies, I can have this on the table in 30 minutes.

Ingredients

- 1 medium onion or leek, sliced thin
- 1-2 sweet red or yellow bell peppers, sliced thin
- 1lb of baby bella, white, or shiitake mushrooms, sliced
- Fresh greens: 6-8 baby bok choy chopped, or 8-12 large leaves of collards or kale, stemmed and chopped
- Starchy vegetables like fingerling potatoes, sweet potatoes, a kabocha or delicata squash or yellow summer squash. Cut into bite-sized chunks.
- 1 can whole fat coconut milk
- Curry paste to taste, 1-2 tablespoons
- Coconut oil for sauteing vegetables
- Juice from one lime

Follow these simple steps:

1. Rinse and put your rice on to cook. I am a fan of white basmati.

2. Place squash or potatoes in a steamer and cook until fork tender. Don't overcook as we want it to retain its shape in the curry.
3. In a heavy skillet or wok, over medium heat, melt coconut oil and add sliced onions (or leeks) and sweet pepper. Cook to soften. Remove to a plate. Add more oil to the pan and cook the mushrooms.
4. Once mushrooms are cooked return onions and peppers to pan. Add greens, covering with a lid to lightly steam. Once greens have wilted stir in curry paste, mixing in well.
5. Pour in coconut milk, stir well and gently blend in steamed veggies.
6. Serve with rice.

Enjoy!