

# Summer Curry

The secret to this curry is in steaming the vegetables just enough to be tender, and if you have not yet had steamed eggplant, you are in for a treat. You can use any form of a steamer. Mine is a simple insert from Ikea that fits into a larger stainless steel pot.

## Ingredients

- One small onion, peeled, cut in half, and sliced thin
- 6 Fingerling potatoes, cut into one-inch pieces
- 1lb of green beans, topped and cut into segments
- Four baby bok choy quartered lengthwise
- Four Japanese eggplants, quartered
- Your favorite curry paste (mine is by Thai and True)
- One tablespoon of coconut oil (optional)
- One can of coconut milk or  $\frac{1}{2}$  can of milk and  $\frac{1}{2}$  can of water
- Salt to taste
- Fresh lime juice to taste (I use one small lime)

## Directions

Heat a heavy skillet or dutch oven over medium heat, add coconut oil, and saute onions until softened and translucent. You can also dry saute if preferred. Add 1-3 TBL of curry paste, depending on the brand and desired heat. Stir well with onions and sit aside.

Steam potatoes until nearly fork tender, add green beans, and continue the process for another 5 minutes. Remove to a large bowl. Add more water if needed to the steamer and add eggplant. Cooking time will vary depending on the thickness of your eggplant, but it will become translucent and tender as

it cooks, 10-20 minutes. You will want it to be soft yet still retain some shape. Remove eggplant and add to the bowl with the potatoes and green beans. Add bok choy, steaming for about 10 minutes. While it cooks, return the heavy skillet or dutch oven to medium heat, mixing in the coconut milk to curry paste. Add salt to taste and the cooked vegetables. Cook just enough to warm, and add the bok choy and fresh lime juice.

Serve your curry with prepared steamed rice.