

GLUTEN FREE RECIPE FOR THAI BUTTERNUT CURRY

Preparation time: 20 minutes .

Cooking time: 15 minutes.

INGREDIENTS

1 butternut squash – peeled and chopped.
1 medium onion, peeled & roughly chopped.
500g vegetables, such as runner beans, brocolli, cauliflower, potatoes, carrots, courgettes.
1 tin coconut milk
1 inch piece of fresh root ginger, peeled & roughly chopped.
2 cloves garlic, peeled.
1 inch piece of fresh lemongrass (optional).
1 fresh chilli (or dried equivalent).
1 teaspoon ground tumeric.
1 teaspoon Tamari.
Half teaspoon Bouillon Powder.
1 Lime.
30 ml Olive oil.
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PREPARATION

1. To make the curry paste: put the onion, garlic, ginger, lemongrass, tumeric, salt, lime juice and olive oil in a blender and puree until a smooth paste.
2. Prepare the vegetables by washing and chopping into half inch chunks.
3. Put the paste into a large pan or wok and fry gently, stirring, for 2 minutes.
4. Add the vegetables and stir, to coat them with the paste.
5. Add the coconut milk, Tamari and Bouillon and mix well.
6. Cook gently, uncovered for 10-15 minutes, until the vegetables are tender and the sauce has thickened. Stir occasionally, to prevent burning and uneven cooking. Add more water if the sauce gets too dry, before the vegetables are cooked.

N.B. Gluten free cooking requires care in selecting the ingredients, particularly processed and/or packaged foods. Check the ingredients list carefully, and use reputable brands. If in doubt, ask us about brands that we trust.

This Gluten Free recipe brought to you by www.earthnaturalfoods.co.uk, suppliers of high quality gluten free and wheat free foods in London.

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