

Red Curry

Ingredients

- 2 Tbsp olive oil
- 2 Tbsp sesame oil
- 2 chicken breasts or 1 container tofu, diced
- 1 red onion, chopped
- 4 cloves garlic, minced
- 1 Tbsp fresh ginger root, minced
- 1 can coconut cream
- 3 cans coconut milk
- 3 jars red curry paste
- 1 pint heavy cream
- 2 Tbsp salt
- 1 Tbsp fish sauce
- 1 eggplant, diced
- 2 red bell peppers, sliced
- 2 cans sliced bamboo shoots
- 2 cups broccoli crowns
- 1 cup fresh whole basil leaves

Directions

Step 1

In a soup pot, heat both oils together on medium heat. Cook chicken (or tofu) thoroughly. Add the onion, garlic, and ginger root and cook about one minute, or until fragrant.

Step 2

Add the coconut cream and cook until it reaches a slow boil, then cook for three minutes.

Step 3

Add the coconut milk, red curry paste, heavy cream, salt, and fish sauce. Cook until heated.

Step 4

Reduce heat to medium-low and add the eggplant, bell peppers, bamboo shoots, and broccoli. Allow to simmer until the vegetables are tender, about 10 minutes.

Step 5

Turn off heat and stir in basil leaves.

Serve over a bed of long-grain white rice, brown rice, or quinoa.