

THAI MASSAMAN CURRY

Gluten Free, Higher Fiber, Vegetarian

Serves: 6 (Serving = 1 cup)

Nutrition (per serving)

Calories: 290

Total Fat: 13 g

Saturated Fat: 3.5 g

Sodium: 1580 mg

Total Carbohydrate: 30 g

Dietary Fiber: 3 g

Total Sugars: 8 g

Protein: 12 g



Ingredients

- 2 tablespoons olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 carrot, sliced into thin coin shapes
- 2 stalks celery, diced
- 1 red pepper, diced
- 1/3 cup red curry paste
- 1 teaspoon turmeric
- 4 whole star anise
- 1 cinnamon stick
- 1 stalk lemongrass, cut into 5 pieces
- 1 can (14oz) light coconut milk
- 3 cups water
- 1 pound chicken, boneless and skinless, diced OR extra-firm tofu, cut into ½ inch cubes for vegetarian/vegan
- 1 teaspoon salt
- 1 pound potatoes, peeled and cubed
- 1-2 tablespoons fish sauce or soy sauce for vegetarian/vegan
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- Cooked rice for serving

Note: In addition to your local grocery store, Asian grocery stores are also a good resource.

Directions

1. Heat the oil in a large pot over medium heat.
2. Add the onion, garlic, ginger, carrot, celery and red pepper and sweat until aromatic and softened, about 10 minutes.
3. Add the curry paste and turmeric and stir to coat the vegetables in the paste.
4. Once incorporated, toss in the star anise, cinnamon, and lemongrass. Stir in the coconut milk and water and bring to a simmer.
5. Add the chicken or tofu and salt and simmer, uncovered, for 20 minutes.
6. Add the potatoes and cook until tender, about 20-25 minutes longer.
7. Remove the star anise, cinnamon stick and lemongrass and discard.
8. Stir the fish sauce, lime juice and brown sugar into the curry, then adjust the seasoning with salt and more lime juice to suit your taste. Serve with rice.