



Thai Vegetable Curry

Serves 1

Full of enzyme-rich vegetables that aid the cleansing process, this healthy vegetable curry makes an ideal detox dish. The pungent and aromatic flavours of the curry also help stimulate the circulation and clear the airways. Once prepared, the fresh Thai Herb Paste can be refrigerated for one-two weeks, or frozen in a suitable container for up to one month.

Vegetable Curry

Coconut milk	60ml
Pumpkin seed milk	60ml
Thai Herb Paste	30g
Carrot	30g
Cauliflower	30g
Broccoli	30g
Green Asparagus	30g
Snow Pea	15g
Shiitake Mushroom	15g
Shimeji Mushroom	10g
Shallot	5g
Spring Onion	3g
Sea salt	1g
Lime Juice	1/2 fruit

Thai Herb Paste (approx 200g)

Shallot	35g
Garlic, peeled	30g
Lemongrass, sliced	15g
Coriander seed, whole	2g
Black pepper	3g
Kaffir lime zest	2g
Curry powder	30g
Sea salt	10g
Galangal, chopped roughly	30g
Dried chili, large & de-seeded	3g
Vegetable stock	20ml
Turmeric, fresh & peeled	7g
Fingerroot, peeled	10g

Cooking Instructions for Thai Herb Paste

1. Add ingredients to a pan (except vegetable stock)
2. Dry roast ingredients, stirring continuously until they begin to brown
3. Remove ingredients from heat and allow to cool
4. Place all ingredients and vegetable stock into a blender. Blend on a medium speed until the paste acquires a smooth texture
5. Decant the finished Thai herb paste into a suitable dish or storage container



Cooking Instructions for Vegetable Curry

1. Pour the coconut milk and pumpkin seed milk into a pan
2. Add the Thai herb paste and stir until the mixture reduces to a creamy consistency
3. Add all vegetables and spices and cook until the vegetables are al dente
4. Season to taste with sea salt and lime juice
5. Serve in a small bowl and garnish with coriander

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical re- search to create delicious, nutritious cuisine that supports optimal health.

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