



Nam Prik Aong (Detox)

Nam Prik Aong is a popular traditional spicy dip that originates from the North of Thailand. Our delicious vegetarian detox version is high in minerals, antioxidants and fibre. As well as helping to reduce blood pressure and lower cholesterol levels, this dish can also aid digestion and support the body's detoxification process.

Ingredients (serves one)

Curry paste (see recipe on next page)	30g
Shiitake mushroom (finely chopped)	20g
Eringy mushroom (finely chopped)	20g
Jelly mushroom (finely chopped)	30g
Detox tomato sauce (see recipe on next page)	60g
Dried date (minced/finely minced)	5 pcs
Sea salt	Pinch
Vegetable stock	100g
Dried large chilli	1g
Cauliflower rice (see recipe on next page)	130g

Garnish:

Cucumber sticks (leave skin on)	50g
Carrot (thinly slice into 1cm flower shapes)	20g
Boiled whole okra	40g (3 pcs)
String bean (whole)	25g (5 pcs)
Coriander (fresh)	1 pcs

Method: Nam Prik Aong

1. Gently stir the curry paste into a medium heated pan until the aromas are released and the mixture starts to become a little bit sticky.
2. Add the shiitake, eringy, and jelly mushrooms and stir.
3. Add the vegetable stock, chilli, detox tomato sauce and dates.
4. Allow ingredients to simmer until mixture reaches a creamy consistency.
5. Season with sea salt to taste and present the mixture in a small bowl.
6. Garnish with sliced chilli and coriander.

Serving suggestion

Serve the bowls of Nam Prik Aong and Cauliflower Rice on a large plate then garnish with the cucumber sticks, carrot, boiled okra and string beans.

[See next page for Curry Paste, Cauliflower Rice & Detox Tomato Sauce recipes]



Curry Paste Recipe (makes 150g)

Dried large chilli (remove seeds)	10 g
Shallots (peeled)	50 g
Garlic (peeled)	50 g
Coriander root	20 g
Vegetable stock	100 ml

Method

1. Cut ingredients into small pieces
2. Toast ingredients in a small pan (using no fat or oil) on a medium heat until aromas are released.
3. Gently toast until golden brown (avoid burning until black).
4. Add the vegetable stock then reduce the liquid, continue cooking until the ingredients are soft.
5. Blend paste using a food processor or pestle and mortar.

Detox Tomato Sauce Recipe (makes approx 1 litre)

A delicious vegan tomato sauce that avoids the use of nightshade vegetables

Carrot (peeled)	1kg	Garlic	100g
Pumpkin (peeled without seeds)	400g	Tamarind Juice (sour)	300g
Zucchini (cubed)	200g	Vegetable stock	1 litre
Beetroot (cubed)	200g	Sea salt and pepper	Pinch
Leeks (cubed)	100g	Bay leaf	1 leaf
French celery (peeled)	100g		

Method

1. Cut all ingredients into small cube sized pieces.
2. Add the ingredients to a pot and bring to the boil.
3. Cook until consistency is similar to a tomato sauce then remove the bay leaf.
4. Season to taste with sea salt and pepper.
5. Before serving add an optional tablespoon of virgin olive oil (after cooking).

Cauliflower Rice Recipe

Cauliflower chopped (rice corn sized)	150g
Mung bean flour	10g

Method

1. Mix the cauliflower with the mung bean flour in an oven-proof dish.
2. Steam in an oven heated at 120 degrees Celsius for around 5 mins.
3. Mix together thoroughly and serve as a side dish.
4. For an al dente taste, steam the cauliflower for shorter period of time

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