



monday

THAI RED CURRY WITH VEGETABLES

1 1/4-ounce can "lite" coconut milk, divided
2 tablespoons Thai red curry paste, or to taste
1 pound sweet potatoes, peeled and cut into 1 1/2-inch cubes
2 cups water
1 bunch asparagus trimmed and cut into 2-inch lengths
2 fresh cayenne chiles or bird chiles, cut into long strips (optional)
2 whole lime leaves (fresh or frozen) or 2 teaspoons lime zest
2 cups coarsely chopped dandelion greens or arugula
1/2 cup fresh basil leaves, preferably Thai basil
1 tablespoon fish sauce

Heat a wide heavy pot over medium-high heat. Add about 2 tablespoons coconut milk and curry paste, stirring to dissolve it. Cook, stirring, until aromatic, 30 seconds to 1 minute. Add 1 cup of the coconut milk and cook for 1 minute, then add sweet potatoes. Stir to coat the pieces and cook, stirring frequently, for 3 minutes more.

Add water and bring to a boil. Cook until the sweet potatoes are almost cooked through, about 5 minutes. Add the remaining coconut milk, asparagus, chiles (if using) and lime leaves (or lime zest); cook for 1 minute. Stir in dandelion greens (or arugula), basil and fish sauce until well combined. Continue cooking until the asparagus is just tender, 1 to 2 minutes more. Remove lime leaves, if necessary, before serving.

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Serves 4
Active Time 30m
Total Time 30m

NUTRITION FACTS

Amount Per Serving:
Calories: 180
Total Fat: 7g
Saturated Fat: 5g
Monounsaturated Fat: 0g
Cholesterol: 0mg
Sodium: 506mg
Carbohydrates: 25g
Dietary Fiber: 4g
Total Sugars: 9g
Added Sugars: 0g
Protein: 5g
Potassium: 433mg