



## 10 minute Nutty Veg Curry



2 servings



10 mins

### INGREDIENTS

80g mangetout  
3 spring onions  
1 red pepper  
spinach  
200g chestnut mushrooms  
80g Baby sweetcorn  
40g Thai red curry paste  
40g Peanut butter  
15ml soy sauce  
50g solid coconut cream  
250g pack red rice and quinoa  
5g black sesame seeds

### NOTES

You will need a microwave to  
cook the rice or steam it in a pan  
548 cals 30g protein

### DIRECTIONS

1. To make this recipe super quick get all your ingredients ready and washed before starting.
2. heat a large pan with coconut oil over a medium high heat. Tear the chestnut mushrooms in to the pan and cook for 3 mins or until beginning to soften.
3. bpil a kettle, chop the pepper and onion roughly. Trik the spring onions and cut in to large pieces. Cut the baby sweetcorn in half.
4. add the pepper, onion and sweetcorn to the pan and cook for 2 mins.
5. Whilst everything is cooking add the coconut cream, Thai paste, peanut butter and soy sauce to a jug with 250g boiled water, stir well.
6. add the mange tout, spinach and stock to the pan and cook for 3-4mins until thick and creamy and the spinach has wilted.
7. mewnwhile cook the rice and quinoa in the microwave as per the instructions. Don't have a microwave? Then cook in a shallow pan with a tablespoon of boiling water until steaming hot
8. serve the nitty curry with the steamed rice and quinoa and sprinkle the black sesame seeds on top