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Easy Thai Vegetable Green Curry (Served with Rose Rice Pistachios & Lime)

This is a very easy Thai curry, which is just so delicious ! It is low in fat and the flavours just linger on your palette. So if you want to enjoy a Thai at home, or wish to make it for friends, then look no further. I made enough for 2 days, which rocks, because I have a whole lot of stuff waiting to be sorted out after my return from holiday.

Serves 4

INGREDIENTS

sesame oil for gentle frying

2 spring onions, finely chopped

2 cloves garlic, finely chopped

2 zucchini (courgettes), roughly chopped

1 sweet potato, roughly chopped

10 mushrooms, sliced

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Share 1 small red pepper, roughly chopped

1/2 inch piece of ginger, finely chopped

1/2 tsp galangal powder (optional)

1 1/2 cups (500 mL) coconut milk

1/2 tsp Thai green curry paste

1 cup broccoli florets (pre-steamed)

1 Tbsp teriyaki sauce

salt to taste

1 tsp agave nectar, or maple syrup

1 tsp raw sesame seeds (for garnishing)



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METHOD

1. In a saucepan, pour a little sesame oil, and fry your courgettes until slightly golden, turning them around as you do so. You may wish to bake them on a baking tray, and brush with sesame oil on both sides, if you wish to avoid frying them. Set aside.
2. Next, in another saucepan, fry the mushrooms for a few minutes until they yield their juices, then, when cooked, spoon onto the courgettes.
3. Using the same empty saucepan, fry the sweet potato until a little golden on both sides, then add the onion, ginger and garlic, and continue to mix. At this point, stir in the green curry paste, and then add the coconut milk. Lower the heat, and allow the potatoes to soften – check this with a fork.
4. Now add the pre-steamed broccoli florets, the red pepper, and the remaining ingredients.
5. Simmer for 15 minutes, and then serve.





0 Rose Rice Pistachios & Lime

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served this rice with the Thai curry – you may of course opt for the sticky rice – but I fancied a change. here is the easy to make recipe for you. It compliments the dish so wonderfully. This is a little bit of a fusion, but one that works beautifully.

INGREDIENTS

asmati rice, boiled according to instructions (I used 2 cups rice)

1 Tbsp rose water

the zest of 1 lime

a handful of non-salted pistachio nuts

METHOD

Just boil and drain the rice, rinse with tepid or cold water, then garnish with the remaining ingredients and voila, tis there for you. Serve hot with the curry and enjoy !!!



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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment!

suitable for vegans, vegetarians and meat-eaters alike



Smoked
Eggplant/Aubergine &
Lemon Pepper Soup

Easy East Meets West
Curried Rice



56 COMMENTS



**Hassan**

August 23, 2012 at 2:35 pm

Isn't it too cooked? I like my vegs very lightly cooked.

What about adding Tofu (bean-curd)to the ingredients?

Thank you Miriam for your great recipes.

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**Miriam**

August 23, 2012 at 3:23 pm

Hassan Hi there, no it is not too cooked – some veggies are great crisp, such as the red pepper and here they are crisp. The potato is not nice crisp and needs to soften but sweet potatoes tend to soften quite fast. By all means just shorten the time span of of cooking it, that's simple enough. Also by all means add tofu – I just wanted a soy free option here, and with the pistachio rice and the rest of the ingredients it's pretty much a full flavoured and filling dish. Hope you enjoy it too ! Best wishes your way in the meantime.

**Peggy**

August 23, 2012 at 4:28 pm

This must be so good, I can almost smell it just looking at the pictures and list of ingredients!

I'm looking for a print friendly version, haven't discovered any such button. Is it available?

(Printing the page will take up 4 pages)

**Andrea - Chocolate and Beyond**

August 23, 2012 at 5:07 pm

Wow what an interesting idea for the rice! And I have rosewater in my cupboard from some

rosewater cupcakes that I made, so this I shall definitely be trying. I just had to google galangal powder – never heard of that before. I'll look out for it. What kind of flavour does it impart?

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Miriam

August 23, 2012 at 7:58 pm

Hi Andrea, thanks for your comment. The rice is simple, nothing out of this world – as for the Galangal powder that you asked about it's really got a taste of it's own, a little like ginger, it's good. Hope that answers your question (popped it on my page first but realized you will receive the answer here). Best to you.



Miriam

August 23, 2012 at 8:02 pm

Hi there Peggy, sorry about that, I don't have a specific button. You can just print the page as one page, or copy and paste the recipe content on a separate page and print. Hope you make the curry and if and when come back and let me know about it. Best wishes your way in the meantime !

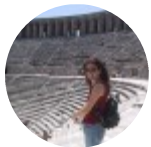


sandy stoker

August 24, 2012 at 1:29 am

I am addicted to Thai Green Curry but did not know how to make it. This looks even better than what I get at the Thai resurant. I shall return to see what else you have. Thanks so much for sharing with us.

Sandy



Gulden

August 24, 2012 at 2:43 am

Thank you for the recipes, particularly those at the top the page. Flavours are so well balanced and interesting too. I just LOVE it 😊

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Miriam

August 24, 2012 at 4:41 pm

Gulden Hi there and welcome here. Many thanks for dropping by here with your kind words. I am delighted that you like what you see, and if you go to the category section, in particular the curries I feel you might spot something else that may grab your fancy. Best wishes your way and hope you enjoy some of the recipes here.



Miriam

August 24, 2012 at 4:44 pm

Sandy Hi there and welcome here. Many thanks for dropping by here with your comment and kind words. I am glad that you have spotted my recipe for my Thai veg curry here and hope you make and enjoy it, it's really easy to make once the ingredients are ready on the worktop. Most of all a bit thank you for saying that this Thai Curry looks better than the one you get at the Thai Restaurant, now that's really something, thanks for putting a smile on my face with your kind words. Best wishes your way and let me know how it all goes as and when !



Peggy

August 24, 2012 at 9:22 pm

Made the curry tonight. It was delicious! I did not have any rosewater so used Numi tea

(my favourite tea brand by far) White Rose instead. First boiled the (15 min) rice in water for 10 minutes, made the tea and replaced water with tea, teabag included, for the last 5 minutes. Smells and tastes lovely, very subtle and lovely with the lime zest!

Thanks for this delicious recipe!

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Miriam

August 25, 2012 at 9:47 am

Peggy Hi there and thanks for dropping by here with your comment and feedback – I am delighted that you have made and enjoyed my Thai curry. Great that you had your Rose brand teabag handy. The aroma of it all sure is lovely, and yes, I agree subtle too. If you love curries do go to my curry/curries category section and see what else may grab your fancy. Best wishes your way in the meantime !



Leah Troiano

August 25, 2012 at 9:17 pm

OMGoodness that looks good! I know what I will be making for dinner tonight!



Miriam

August 26, 2012 at 11:27 am

Hi there Leah I hope you make and enjoy this recipe, and come back and let me know how it all went. Best wishes your way !



Heidi

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August 26, 2012 at 7:30 pm

Good afternoon 😊 Miriam, this dish is absolutely delicious! I made this recipe for lunch today for my boyfriend and myself and we both loved it! The only thing I did differently was not add the option spice. We had cumin rice with it because I have never heard of rose water before. Absolutely delicious, will definitely be making this amazing recipe again!!! Thank you so much for sharing your amazing culinary skills and this tasty recipe. 😊



Miriam

August 26, 2012 at 7:48 pm

Heidi Hi there and welcome here. I am delighted that you have made and enjoyed this curry and that you will be making it again – glad your boyfriend loved it too ! What good news. Do go to my category section and browse my other curries there too. Best wishes your way in the meantime and I look forward to your future comments on my blog !



Janina

September 5, 2012 at 11:50 am

The best Thai Vegetarian Curry I have ever tasted. My family enjoyed it. Definetly will make it again.
Once again thank you for sharing this Very Very delicious curry receipe



Miriam

September 6, 2012 at 12:27 pm

Hi there Janina and welcome here. I am delighted to hear that you think my Thai Curry here is the best you have ever tasted. It is comments like this that make the whole experience of creating worthwhile. I am glad to hear that you will be making it again and

thanks for your kind words. Best wishes your way in the meantime !



A Anastasi

September 11, 2012 at 7:18 pm

oooh this was yummy. Family all got up for seconds and fought for leftovers the next day... a true sign of success 😊



Miriam

September 12, 2012 at 1:14 pm

Anna-Maria Hi there and thanks for popping by here with your comment. I am most delighted that your wonderful family loved this curry and kudos goes to you for making it for them – you really must be flavour of the month for them with these choices. I hope to be posting another curry soon (most of them are child friendly too, and you may adjust them to suit your families preferences). Best wishes your way in the meantime and look forward to your future comments on my blog !



Noma

September 17, 2012 at 6:12 pm

Hi Mirriam..was just wondering if there is any substitute for coconut milk....while I love curries I just can not do coconut milk....also with the pesto I don't do nuts should I just skip these... Have been making the salads and stews lovely...thanks for sharing your lovely recipes.



**Miriam**

September 18, 2012 at 9:22 am

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Noma Hi there and welcome here. You can substitute the coconut milk with any non-dairy cream available – I don't know the brands sold in your part of the world but soya cream (not a coffee creamer) but rather a non-dairy cream substitute is what you need. Google what is sold in your country and as both your supermarket and health food store and I am sure you will find something there – then you can use that in your curries (be sure it's not over sweetened if using for food. Now for the pestos you can use gently roasted sunflower seeds instead of nuts. Hope this helps you. Best wishes your way !

**Tina**

September 23, 2012 at 2:46 pm

I bet almond milk the one with out sugar would be outstanding in this recipe.

**Bege**

September 29, 2012 at 11:52 am

Made this the other night! Husband loved it! We've slowly introduced more meat-free meals and somehow came across your site and it's amazing! I love how easy and TASTY all your recipes are — helpful for a newbie like me! Thank you!

**Miriam**

September 29, 2012 at 2:15 pm

Hi there dear Bege, thanks for dropping by here. I too am glad that you have come across my site and hope you stay tuned for new recipes and that you try many from the category section. Any questions or feedback let me know. Best wishes to you and your husband and

kudos to you for making this dish and choosing a meat-free lifestyle. Cheers !

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Bridget

September 29, 2012 at 4:04 pm

This was so good!!! Completely curbs my insane Thai cravings, that I've had lately. I made it for the second time last night and doubled up to have leftovers for days. You could almost serve as a soup as well. THANK YOU!!!



Miriam

September 29, 2012 at 4:17 pm

Bridget thanks for wonderful comment and feedback. I am truly delighted that you have made and enjoyed this twice. Your words are so apt in terms of curbing an appetite for Thai as I made it with that in mind and heart. I look forward to your future comments on my blog. Do try my broccoli & coconut soup, it's very easy to make and perhaps you may wish to browse my other curries at some point here. Best wishes your way dear Bridget and I look forward to your future comments on my blog !



Gina Schultz

October 9, 2012 at 9:54 pm

This was so delicious!



Miriam

October 10, 2012 at 7:22 am

Gina Hi there again. Many thanks for your feedback on this dish and am delighted it was a success ! I look forward to your future comments and feedback on my blog. Cheers to you !

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Cindy

October 21, 2012 at 11:28 pm

I made your Thai Curry today, it's excellent...by tomorrow...magnificent. Thanks for the wonderful healthy vegan recipes!



Miriam

October 22, 2012 at 10:45 am

Cindy Hi there and welcome here – thanks so much for your feedback on my Thai Curry. I am delighted you have enjoyed it and right you are it will taste all the better then next day ! Enjoy and I look forward to your future comments on my blog ! Best wishes to you !



Dawn Allen

October 22, 2012 at 2:14 pm

I love some of your recipes and would want to try them any chance that you can go onto PinInterest?



Miriam

October 22, 2012 at 3:02 pm

Dawn Hi there and thanks for dropping by here with your comment. I hope to be on Pinterest some time at the end of next week. Meantime I hope you enjoy my recipes and I

look forward to your comments on my blog. Best wishes your way.



Diana

October 23, 2012 at 6:43 am

I made this for dinner today it was great.. Thank you Miriam...



Miriam

October 23, 2012 at 7:24 am

Diana Hi there and glad to hear that you have made and enjoyed this Thai Green Curry of mine, that's awesome. I look forward to your future comments on my blog. Best your way in the meantime.



Val

October 23, 2012 at 7:56 am

Hi

Every green curry paste that I have seen contains either fish sauce or shrimp paste. Of course one could make one's own without it, but I don't generally have time for that. I don't have 'vegan' options for such items in Australia. Do you have vegan versions of commercial paste?



Laurin

October 23, 2012 at 3:06 pm

Made my dinner plans very easy. Thank you for sharing your recipes. I have never been

disappointed.



Miriam

October 23, 2012 at 4:45 pm

Hi there Laurin, how kind of you to say so – thanks and I hope you continue to enjoy them. Let me know how the next one goes. Cheers to you !



Miriam

October 23, 2012 at 4:58 pm

Hi there Val thanks for your comment – here are some resources that may help you in Australia.

<http://www.actnowforanimals.com/suppliers.aspx>

<http://www.veganperfection.com.au/>

http://www.vnv.org.au/site/index.php?option=com_content&task=view&id=65&Itemid=78

<http://crueltyfreeshop.com.au/>

<https://www.facebook.com/pages/Vegan-Products-you-can-buy-in-Australia/170979382913716>



Patty S

October 23, 2012 at 11:21 pm

!Hello Miriam,

I made the Thai Vegetable Green Curry tonight for dinner, Delicious!! Very easy!!! I follow the Dr. McDougall diet so I omitted the oil Made enough for leftovers tomorrow!!!! Thank you for a great recipe!!

Patty S

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Miriam

October 24, 2012 at 7:22 am

Val, I have found a vegan curry paste in Australia for you and here it is
<http://www.crueltyfreeshop.com.au/products/thai-green-curry-paste.html>



Miriam

October 24, 2012 at 7:22 am

Hi there Patty and thanks for your feedback – I am delighted that you have made and enjoyed this !



Catherine M

November 25, 2012 at 7:24 pm

Just had this for dinner and it was wonderful and so easy to make. Thank you once more.



Miriam

November 26, 2012 at 10:12 am

Catherine Hi there and thanks for your feedback, I am glad that you enjoyed this curry and hope you try out more recipes from here and let me know how they go as and when. Best wishes your way in the meantime !

**Eric***January 6, 2013 at 12:09 am*

Woo, and again a very, very delicious recipe! My guests and I enjoyed it very much. Miriam, I am very happy to have found your website. Thank you for all the fantastic meals!

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Shares**Miriam***January 6, 2013 at 1:16 pm*

Hi there Eric and welcome here. I am delighted that you have found my site and also that you have made and enjoyed this with your guests. I very much look forward to your future comments on my blog and if you wish I can add you to my new monthly upcoming newsletter ! Best wishes to you in the meantime !

**Wendy***January 27, 2013 at 3:44 am*

Miriam! Thank you again!

i have tried three different recipes of yours for the past three weekends. tonight, we were thrilled to dive into this delicious curry. i do hope to find galangal at some point, because i will definitely be making this again soon!

**Miriam***January 27, 2013 at 12:07 pm*

Wendy Hi there and thanks for dropping by with your comment and feedback. Regarding galangal, order it from Ebay, that should sort you out ! I look forward to your future comments on my blog and best wishes your way !



sheree

January 29, 2013 at 10:46 am

Thank you Miriam for such a beautiful curry recipe. I made the recipe for the first time tonight and I am sure it will become a family favourite. Thankyou x



Miriam

January 29, 2013 at 12:18 pm

Sheree Hi there and welcome here. I am delighted that you have made and enjoyed this curry ! I look forward to your future comments on my blog !



MICHAEL

May 24, 2013 at 9:49 am

hi!

looks delish!!

how do u use the rose water with the rice? just sprinkle and stir?



Miriam

May 24, 2013 at 12:03 pm

Hi there Michael – yes just a splash on the rice. Let me know how it goes ! 😊



**Debra***May 24, 2013 at 6:34 pm*

I'll be picking up a red bell pepper tonight and dinner is on. Looks and sounds delish and I fancy a green Thai curry tonight. Thanks Miriam. You WOW me with your great dishes.

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Shares**Miriam***May 24, 2013 at 7:40 pm*

Debra Hi, that's fabulous news and I will await your feedback ! Thanks for your kind words too. 😊

**Catherine M***June 2, 2013 at 5:12 pm*

Just made this for dinner and it is fantastic! Roll on the book, as i am terrified the ipad gets damaged and i cant reach you!

**Miriam***June 2, 2013 at 7:00 pm*

That's awesome news Catherine, am so happy that you have made and enjoyed this. Also thanks for pre-ordering my book ! 😊