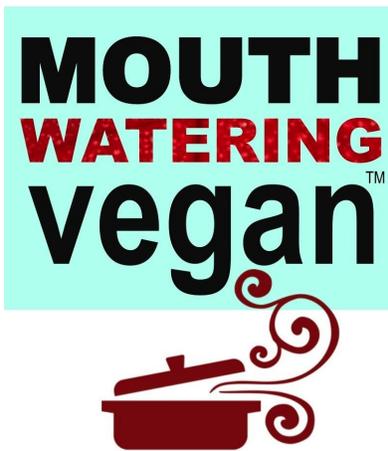


0  
Shares



## Fastest Knock-Out Thai Curry Ever !

I challenged myself to a very fast curry – the result was surprisingly superb ! Once your ingredients are on your worktop, you can pretty much knock this out in 30 minutes. Now that's a knock-out – the taste – find out for yourself . . . Too good to be true !

### INGREDIENTS

- sesame oil for cooking
- 1 eggplant (aubergine), cut into large squares
- 2 courgettes, chopped
- 1 large spring onion, finely chopped
- 2 -3 garlic cloves, finely chopped
- 1 tsp rice vinegar
- 2 tbsp thick teriyaki sauce
- 2 tbsp crunchy peanut butter
- 1 tin (400ml) of coconut milk/cream
- 1 heaped tsp sumac
- 1 tsp sichuan pepper corns
- ½ tsp chinese 5 spice
- 1 tbsp coriander, finely chopped
- ½ tsp ginger powder
- ½ tsp galangal powder

Served with lemon juice rice & sesame seeds

**0**

Shares

## METHOD

our the sesame oil in a large saucepan, and fry the eggplant and courgettes together until they get some colour. Add the onion and garlic at this point, and fry until they too become golden.

ow get your spices (all of them except for the freshly chopped coriander), and dust them all onto your veggies, add a little extra oil at this point, and stir them in nicely. Next add the peanut butter and the sriracha sauce, and lower the heat. Allow to cook for around 10 minutes so that the veggies suck the flavours in.

Add the coconut cream in, and allow to simmer for 20 minutes. Finally add the coriander, mix and serve immediately on top of the lemon and sesame rice. Enjoy !

## RICE

Cook your short grain rice according to the packet's instructions. When ready, add the zest of one lemon and squeeze the juice of one lime on top. Serve the curry on top, or on the side of the rice, sprinkle on some sesame seeds & voila !





0 Shares

All recipes, content & design © Miriam Sorrell www.mouthwateringvegan.com 2010  
These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave a constructive comment !



Mouthwatering Nutty Ice Cream

Lemon & Lime Coconut Cake with a Delicious Frosting



## 36 COMMENTS



Alexandra Claes

September 23, 2011 at 4:11 pm

I'm going to give this one a go — I just have too ! What an interesting and complex arrangement of ingredients 😊 From your friend Alex who is inspired by your obvious passion and talent 😊 x

**Miriam***September 23, 2011 at 9:30 pm*

Hi Alex welcome to my blog. Thanks for your comment. Hope you enjoy the curry ! Cheers to you !.

**Ant Borain***September 25, 2011 at 7:17 pm*

Thanks M, I am sitting here dribbling/drooling looking at your recipes, and i have just eaten :-)......:-)))))))))

**Miriam***September 25, 2011 at 7:29 pm*

Hi there Ant – many thanks for your wonderful comment, I truly appreciate it. I post up weekly so hope to keep you drooling and dribbling – that's what 'mouthwatering' vegan recipes is all about ! A Big Cheers to you !.

**Anthony Munoz***September 27, 2011 at 2:19 pm*

Wow, I'm so glad I came across your website! I went vegan two months ago and had some trouble finding new recipes that got all my senses going and I have to say yours will definitely do the trick. I will be sure to give some constructive comments soon.

**Miriam***September 28, 2011 at 11:52 am*

Anthony Hi and welcome to my site – great to hear that you have gone vegan. I hope that my recipes will inspire you and fulfill your culinary senses. I look forward to your future comments ! The pasta dishes I have, especially the Lasagna should be a favourite if you love pasta, but browse through the categories and see for yourself. I post up almost every week, so there is much to chose from. Best and cheers to you !.

**0**  
Shares**Alma Lima***September 30, 2011 at 5:11 am*

I don't have galangal, what substitute is best? mace and cinnamon ?

**carole kody***September 30, 2011 at 3:23 pm*

Hi Miriam,

I've been eating vegan for 30 days and am trying hard to find recipes I love. Your food is beautiful! I did not have all the ingredients for your knock out Thai curry, I managed to substitute with what I had at home and make an absolutely phenomenal dish that even my teenagers and husband loved! One of my requirements is that the dish take no longer than 30 minutes to make, so please forgive me for my substitutions but I replaced all the dry spices with a pre-mixed dry curry and replaced the coconut milk tin with about 3/4 cup of soy coconut flavored creamer (for coffee?). It was delicious and SO easy! Can't wait to try more! Thank you so much for sharing your recipes!

**Miriam**

**0**  
Shares

*October 1, 2011 at 3:11 pm*

Hi Carole, and welcome to my site – thanks so much for your comment. I think that what you substituted for the coconut milk is fine, as for the spices, it was a 'pot-luck' situation that came out in your favour. Kudos to you for trying it out. I very much look forward to your future comments Carole !



**Miriam**

*October 1, 2011 at 3:13 pm*

Alma, as a substitute you can use a combination (in mostly equal quantities) of mace, cinnamon and black pepper – mix them together and use. Or another substitute would be to use root ginger. See how it all goes and let me know, but I think this will work. Best to you always.



**Lino**

*October 15, 2011 at 1:17 pm*

Hi Miriam, it was wonderful talking to you and Jonathan yesterday and I must admit that your site got hold of me. Your recipes and photography are superb. I will be trying out soon your knock-out Thai Curry to start with and shall communicate to you my comments. CHEERS!



**Miriam**

*October 15, 2011 at 2:16 pm*

Lino Hi, welcome to my site and many thanks indeed for your wonderful comment. It was great chatting with you too. I take what you have said as a compliment, given you know a thing or two about photography yourself and you have a good eye too, so I trust your

discrimination. I hope you enjoy the curry and look forward to your future comments on my blog. Cheers to you & Angele too !

---

**0**  
Shares



**Food Lovers International**

*October 15, 2011 at 3:59 pm*

Oh Miriam, this sounds amazing!! Can't wait to try it 😊

---



**Miriam**

*October 15, 2011 at 4:08 pm*

I do hope you enjoy it FLI – let me have your comments as and when, meantime cheers to you and wishing you a super weekend !.

---



**Leslie G**

*October 15, 2011 at 8:28 pm*

What is the quantity or volume of a "tin" of coconut milk?

---



**Miriam**

*October 15, 2011 at 8:55 pm*

Leslie Hi there – the quantity is 400ml. Hopes this helps. Cheers to you !.

---



**Anita**



October 15, 2011 at 9:25 pm

Hi Miriam, I tried this recipe and it was DELISH! It's a keeper, for sure 😊 I didn't have eggplant and courgettes, so I substituted them with potatoes and carrots. I also added chopped thai chili and lime leaves for extra kick 😊 It was so good that my husband (who is usually against peanut butter in any dish) said the curry was delicious! Thanks for sharing the recipe, Miriam 😊

0  
Shares



**Miriam**

October 17, 2011 at 8:02 am

Hi there Anita and thanks for your comment – sounds to me like a great result – yes, with this curry one can substitute just about any favourite vegetable that takes the fancy. Glad your husband thought it delicious too ! A win-win situation. Look forward to your future comment Anita. Cheers to you !.



**Anna**

October 24, 2011 at 6:10 pm

I'm not familiar with courgettes and galangal powder. Is there another name for these items? Or where do I look for them in the store?



**Miriam**

October 25, 2011 at 4:31 pm

Hi there Anna – Courgettes = Zucchini. Glangal = Chinese Ginger. Cheers to you !



**Kat***October 28, 2011 at 12:14 am*

My husband is nuts over curry dishes! I look forward to trying this one out soon... sounds delicious.

**0**  
Shares**Miriam***October 28, 2011 at 1:20 pm*

Hi there Kat, thanks for that and hope your husband enjoys my curry ! Look forward to your comment/s as and when, Cheers !.

**Kat***October 30, 2011 at 9:05 pm*

I actually made this dish for dinner last night. It was amazing. We have a new family favorite. Thanks so much for sharing this wonderful recipe!

**Miriam***October 31, 2011 at 10:29 am*

Kat Hi there, and thanks so much for your comment – I am very pleased to hear that you made this dish for dinner and that it turned out to be a family favourite ! You are welcome and cheers to you !.

**Kazzlen Dawn***November 24, 2011 at 1:05 am*

---

Hi, I have a peanut allergy, what can I used instead of peanut butter?

---

**0**  
Shares



**Miriam**

*November 25, 2011 at 3:53 pm*

You can make cashew butter by using one cup of roasted cashew nuts, and then putting them in the blender with a teaspoon of oil of your choice until you get the consistency of peanut butter. Process until thick and creamy, store in an air tight container. Hope this helps. Best to you.

---



**Alda**

*November 28, 2011 at 6:18 pm*

Hi,

Found you via Vegan Bahamas Facebook.... happy to be here... look forward to discovering new ways of vegan cooking with you !! thank you for making these wonderful recipes available... love and light xx Alda

---



**Miriam**

*December 1, 2011 at 8:19 pm*

Alda Hi there and thanks so much for your wonderful words and comment – you are most welcome and I very much look forward to your future comments on my blog. Cheers to you !

---



**Sara**



*December 5, 2011 at 9:35 pm*

**0**  
Shares

Can't wait to try this! Not sure I can find all the ingredients...I was reading that sichuan pepper corns are banned in the U.S. Not sure if that's true but I haven't been able to find any. However, I noticed that it is one of the ingredients in Chinese 5 spice—strange. Also, it's good for me to realize that coriander is called cilantro in the U.S. Because what we think of coriander is totally different and comes in a powder or seed form. Miriam, is there a certain sesame oil you prefer? I know some are light and some are dark, and can lend themselves to different flavors. Thanks!

---



**Miriam**

*December 6, 2011 at 9:55 am*

Hi there Sara and thanks for your comment and the info. Yes, a few years ago when I discovered that coriander is known as Cilantro in the US it was news to me. Sara, to be honest with you I use the light sesame seed oil (I have ran out so must buy some) – I don't often use it, but it's good to have in one's pantry for certain dishes. The light one is less strong and I find it's better for allowing the other spices to come through. Do let me know how this goes as and when. Cheers to you !

---



**Neva**

*February 3, 2012 at 12:19 pm*

I made it couple of months ago...OMG, it was so flavourfull! ♥

---



**Miriam**

*February 4, 2012 at 2:08 pm*

Neva Hi there and thanks for dropping by with your comment – I am so glad that you

made and enjoyed this recipe so much !! I look forward to your future comments on my blog. Cheers to you in the meantime.

---

**0**  
Shares



**Tirill Mohn**

*February 18, 2012 at 4:07 pm*

This looks so nice. I tried the new years loaf you added for New Years eve. It was a total success, even for the meat eaters in the family. I will definitely try others as well. Thank you for the inspiration!

---



**Miriam**

*February 20, 2012 at 7:35 pm*

Tirill Hi there and welcome to my blog – thanks for dropping by with your comment. I am delighted to hear that even the non-vegans in the family enjoyed it, that's always a great sign and a great result. I do hope you try my other recipes and come back and let me have your feedback as and when. Meantime, Cheers and Best to you !

---



**Anastasia Lipapis**

*April 30, 2012 at 10:42 am*

Looks amazing – going to make it on the weekend and recomment ! Miriam's recipes are AH-MA-ZING !!

---



**Miriam**

*May 1, 2012 at 12:59 pm*

Anastasia Hi there and how kind of you to drop by with your amazing comment – Cheers to you & I look forward to your future comments here !

---

**0**  
Shares