

Root vegetable Thai curry

Ingredients

- 1 tbsp olive oil
- 50g/1¾oz Thai curry paste (green or red)
- 750g/1lb 10oz mixed root vegetables (such as carrot, swede, turnip), peeled and chopped
- 160ml/5½fl oz coconut cream (or 75g/2½oz creamed coconut, broken into pieces)
- 750ml/1¼ pint vegetable stock, made from stock cube
- 200g/7oz rice
- salt and black pepper

Preparation method

1. Heat a large non-stick saucepan with a lid over a medium heat. Add the oil and curry paste and stir over the heat for two minutes, or until aromatic.
2. Toss in the chopped root vegetables and stir, coating the vegetables in the paste. Add a splash of water to help steam the vegetables and stop them from sticking. Place the lid on the saucepan and cook for 10 minutes, stirring occasionally.
3. Meanwhile, mix the coconut cream or creamed coconut together with the stock, stirring until dissolved.
4. Once the casserole vegetables have cooked for 10 minutes, pour the stock and coconut mixture over the top and leave to simmer uncovered for 30 minutes, or until all the vegetables are soft and breaking up slightly and the sauce thickened. If the sauce hasn't thickened enough to your liking, then turn up the heat and allow it to bubble away for a further 10 minutes, or until thickened. Taste and add salt and pepper as necessary.
5. Meanwhile, cook the rice in a separate saucepan to packet instructions. Serve the curry on top of the rice.

less than 30 mins

preparation time

30 mins to 1 hour

cooking time

Serves 4

By Aiden Byrne

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A cheap and economical Thai curry - step away from the stew and try something different with root vegetables.