

# Vegetable Thai Curry

## Ingredients

Serves 4

- 2 tbsp vegetable oil
- 1 large onion
- 1 butternut squash
- 1 large red pepper
- 1 courgette
- 400g can full fat coconut milk
- 4 tbsp Thai green curry paste
- 1-2 tbsp soy sauce
- 1/2 lime
- 1 small bunch of coriander
- cooked rice



- Slice the onion, peel and chop the butternut squash into chunks and slice the red pepper and courgette.
- Heat the oil in a large pan. Add the onions and fry for 5-7 mins over medium heat until softened.
- Add the courgette and pepper and fry for 5 minutes. Then add the curry paste and fry for another 2 mins. Tip in the squash, then stir through the coconut milk along with 200ml water and 1-2 tbsp soy sauce.
- Add the lime juice and cook for 15-20 mins or until the squash is tender.
- Cover, cooking over medium-low heat for another 5 mins or until the veg is just cooked.
- Season and stir through half the coriander.
- Spoon the curry into deep bowls, scatter with the remaining coriander and serve with rice.