

Avocado Green Curry

Yield: yield is 6 portions - ½ cup serving of green curry over ½ cup jasmine rice

Timing: Prep Time is 10 minutes - Total time is 20 minutes



Ingredients

1 cup uncooked jasmine rice

1 3/2 c. Water

4 cloves garlic minced with press

1 14 oz can coconut milk

1 tablespoon water used to rinse remaining coconut milk out of can

1 tablespoon fish sauce

1 tablespoon plus 1 1/2 tsp green curry paste (I use Thai Kitchen brand)

1/2 cup julienne carrots

1/3 cup frozen edamame

1 cup tightly packed fresh leaf spinach

1/2 cup julienne green onions

2 small ripe but firm avocados (about ¼ lb each) skin and seed removed then cubed into 1/2" dice*

Utensils Needed

Measuring spoons, measuring cups, cutting board, can opener, garlic press, kitchen knife, cooking spoons, 2 medium sauce pans (2-4 quarts)

Method of Preparation (Instructions)

Steam rice and water in medium saucepan on stovetop for 15-20 minutes

While rice is steaming in a separate saucepan place minced garlic on medium heat until pot is hot and garlic is softening about 2 minutes. Use can opener to open and add along with Green curry paste and fish sauce. Stir until ingredients combine and come to a low simmer. Use 1 tablespoon water to rinse out coconut milk can and add to previous sauce. Add carrots and edamame to above sauce and cook for 3 minutes. Add fresh spinach leaves and green onions and cook an additional minute. Gently fold in cubed avocado and heat an addition two minutes to allow spinach to wilt from heating. Turn off heat to prevent overcooking of delicate green vegetable and serve hot.

To serve ladle ½ cup of green curry over ½ cup steamed hot rice in bowl.