



## THAI YELLOW CURRY

Prep + cook time: 1 hour Serves: 4

### Ingredients

1 tablespoon rice bran oil	200g (6½ ounces) green beans, trimmed
1 medium red onion (170g), sliced thinly	250g (8 ounces) assorted Asian mushrooms (see above)
¼ cup (75g) yellow curry paste	1 tablespoon grated palm sugar
2 cloves garlic, crushed	1 tablespoon fish sauce (see tip)
10cm (4-inch) stalk fresh lemon grass, bruised	2 tablespoons lime juice
4 kaffir lime leaves, shredded finely	1 fresh long red chilli, seeded, sliced thinly
1⅔ cups (410ml) coconut milk	¼ cup (20g) fried Asian shallots
1 cup (250ml) water	½ cup fresh Thai basil leaves
750g (1½ pounds) orange sweet potato, unpeeled, scrubbed, chopped coarsely	

1. Heat oil in a wok or large heavy-based saucepan over high heat; cook onion, stirring, for 5 minutes or until onion softens. Add curry paste, garlic, lemon grass, and kaffir lime leaves; cook, stirring, for 1 minute or until fragrant.
2. Add coconut milk, the water and sweet potato; bring to the boil. Reduce heat to medium, simmer for 20 minutes or until sweet potato is just tender. Stir in beans and mushrooms; simmer for a further 5 minutes or until vegetables are tender. Stir in sugar, fish sauce and juice; remove and discard lemon grass.
3. Serve curry sprinkled with chilli, shallots and Thai basil.

### Tips

If you are avoiding all animal-derived products, use tamari instead of the fish sauce and be careful to check the curry paste label to ensure it doesn't contain any animal products.