THAI · DINNER

Vegan Thai Green Vegetable Curry (Keto)

30 min · Serves 5 · 374 kcal a serve · Video 5:57 · HK's Keto & Low Carb Recipes

Vegan · Gluten-free ingredients · Nut-free

A plant-based green curry of broccoli, zucchini, mushrooms and eggplant in coconut cream, sweetened with a few drops of stevia instead of sugar: about 8 g net carbs a serve.

Diet notes: Keto (8.3 g net carbs a serve).

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Ingredients 13 · SERVES 5

- [ ] 1 × 400 ml can **coconut cream** (100 ml to start, 300 ml later)
- [ ] 1 **lemongrass** stalk, bruised (leaves discarded; for infusing)
- [ ] 2.5 cm piece **galangal** (or ginger), sliced
- [ ] 4 **kaffir lime leaves**, torn, plus a couple more at the end
- [ ] 50 g **Thai green curry paste** (a vegan one, without shrimp paste)
- [ ] a handful of **Thai eggplants**, quartered (if you can find them)
- [ ] 100 g **button mushrooms**
- [ ] 100 g **zucchini**, cut into chunks
- [ ] 100 g **broccoli florets**
- [ ] 200 ml **coconut milk**, to thin the curry
- [ ] about ½ tsp **salt**, to taste
- [ ] a few drops of **stevia**
- [ ] a handful of **Thai basil leaves**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a wok over medium heat and add about 100 ml of the coconut cream. When it bubbles at the edges, add the bruised lemongrass, galangal and torn lime leaves. 0:24
2. Stir in the green curry paste and fry until fragrant and the oil starts to separate from the paste. 1:04
3. Add the eggplant, mushrooms, zucchini and broccoli and toss until coated in the paste. 1:18
4. Pour in the rest of the coconut cream, then the coconut milk for a thinner curry. Season with the salt and a few drops of stevia, cover and simmer until the vegetables are tender. 1:43
5. Add a couple more torn lime leaves near the end, turn off the heat and stir in the Thai basil. Lift out the lemongrass before serving. 2:33

> **Tip** Serve over cauliflower rice to keep it keto. It is very rich in coconut fat, so keep portions modest. Add chicken, fish or prawns if you eat them, as the cook suggests.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
374 kcal 1,560 kJ	**5.6 g** 11% of a day	**12 g** 8.3 g net · 4.8 g sugars 4% of a day
FIBRE	**FAT**	**SODIUM**
3.4 g 12% of a day	**37 g** 32 g saturated 47% of a day	**470 mg** 20% of a day

Energy from net carbs 9% · protein 6% · fat 85% — fits keto: 8.3 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin C 30% · Vitamin K 24% · Iron 21%

Source of (10–19%) Selenium 18% · Potassium 13% · Magnesium 13% · Zinc 13% · Folate 13% · Vitamin B6 11%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=Rt6k_aroGhE, published 29 July 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-vegan-thai-green-vegetable-curry