



Sweet Potato Thi Green Curry

Just in time for the cooler weather, this soup will warm you from top to bottom. Richly flavored with traditional Thai spices and just a hint of chili heat and lovely roasted cashews this soup is a meal. It is also dairy-free and has just 8 ingredients!

INGREDIENTS

1 1/2 inch knob minced fresh ginger (12g)

4 cups (520g) peeled and chopped sweet potatoes into 1/2 inch pieces

One 13.6oz can of full-fat coconut milk 4 tablespoons (60g) green curry paste

1/2 tablespoon (5g) coconut sugar

1/4 teaspoon red pepper flakes

1/4 teaspoon fine sea salt

1 tablespoon (15g) fresh lime juice (and extra for the asparagus)

1 large bunch fresh asparagus, washed and ends cut off

garnish: roasted @yumtee_nuts cashews and cilantro

optional to serve with: white rice

INSTRUCTIONS

If serving with rice, start making that first. Add 1 1/2 cups (300g) jasmine white rice to a medium pot with 2 1/4 cups (540g) water and 1/2 teaspoon fine sea salt. Stir and bring to a boil, once boiling, cover and reduce to low and simmer about 15 minutes until all the water is gone.

Remove from the heat and return the lid and cover for just 5 minutes and then remove and fluff with a fork and keep uncovered until ready to serve.

Preheat the oven to 425°F and line a sheet pan with parchment paper. Set aside.

While the rice is cooking, chop your sweet potatoes, ginger and gather your ingredients so everything will be ready and warm at the same time.

Add the washed and trimmed asparagus to the lined pan spread out evenly and squeeze just a bit of lime juice over them. Season with salt and pepper to desired amount. Place in the preheated oven and roast for 8-9 minutes until tender with a fork, but still firm. You can check and taste one for desired doneness and this will vary depending on how thick the asparagus is. You can see how thick mine is in the photo, so 9 minutes was perfect for mine. A nice bite, but still fork tender.

While the asparagus is roasting, to a large pan, add 1/2 cup (120g) water, ginger and sweet potatoes over medium heat. Bring to a simmer and once simmering, cover with a lid and cook 8 minutes. This will kick start softening the sweet potatoes.

While the potatoes are cooking, to a separate bowl, mix the coconut milk, curry paste, coconut sugar, red pepper flakes and salt until smooth. Once the 8 minutes are up, add the milk mixture and stir well in the pan. Bring it back to a simmer and cook another 5 minutes or so as needed

to thicken it just a bit and the potatoes are tender. You are just wanting to slightly thicken it, not cook away all that yummy sauce.

Stir in the lime juice and heat through just about 30 seconds and remove from the heat. Taste and if needed, add more salt. Mine was perfect.

Add to bowls with rice and top with the roasted asparagus and fresh cilantro and roasted cashews, if desired. If you want even more heat, add more red pepper flakes.

I roast my own cashews. To do this, you can simply toast them in a toaster oven for just a couple of minutes (watch closely) or in a pan over the stove over medium heat, turning a bit. They will brown quickly so keep an eye on them! They will quickly go from toasted to burnt.