

McDougall Made Irresistible Recipes

For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:
www.drmcDougall.com.

Thai Green Curry Rice

This rice dish is made with a Thai green curry paste that is sold in Asian markets, natural food stores and some supermarkets. To vary this recipe, try making it with red curry paste instead of the green curry paste.

Preparation Time: 20 minutes (cooked rice needed)

Cooking Time: 12 minutes

Servings: 4

- 1/3 cup vegetable broth
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 cloves garlic, minced
- 1-2 tablespoons green curry paste
- 2 cups chopped Napa cabbage
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup snap peas
- 1 tablespoon soy sauce
- 4 cups cooked long grain brown rice
- 1 tomato, chopped
- 1 tablespoon chopped fresh Thai basil
- 1 tablespoon chopped fresh cilantro
- 1 cup almond milk or rice milk mixed with 1 teaspoon coconut extract

Place the broth in a large pot along with the onion, bell peppers and garlic. Cook, stirring occasionally, for 5 minutes. Stir in the curry paste. Add the cabbage, broccoli, cauliflower, peas and soy sauce. Mix well, cover and cook for about 5 minutes, until vegetables are tender. Add the remaining ingredients, mix well and cook until heated through, about 2-3 minutes.

Hint: To make this without the coconut flavor, increase the soy sauce to 1/2 cup and omit all of the almond or rice milk and coconut extract. It will be more like a Thai "fried rice". Curry pastes are quite spicy so you may want to start out with the smaller amount and add more to taste. If you can't find fresh Thai basil, just use the fresh basil found in the produce department of your supermarket. For a very colorful variation, use cooked Thai purple rice in place of the cooked brown rice. Coconut extract in rice or almond milk makes a wonderful substitution for coconut milk in recipes.