

ONE BITE

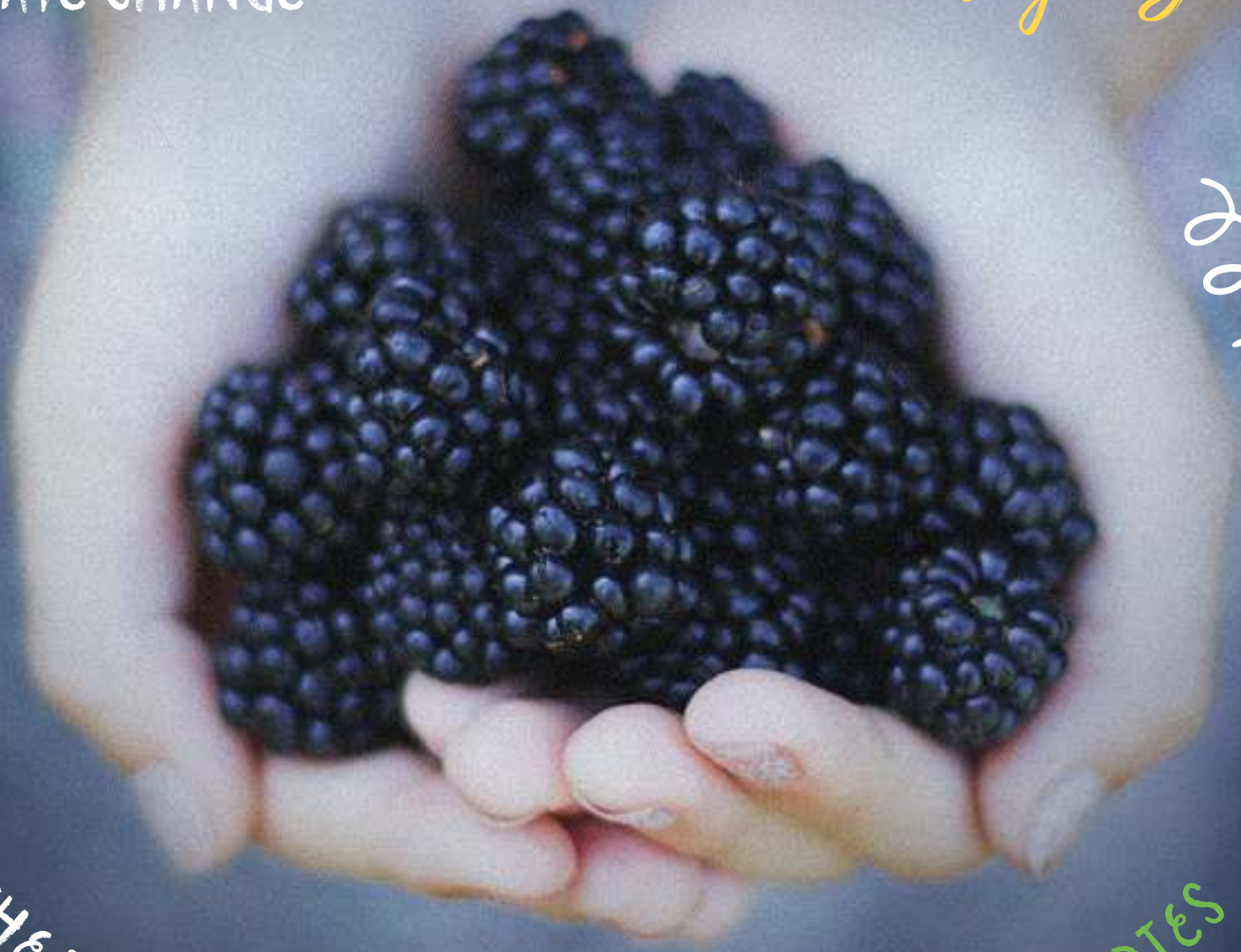
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

VEGAN THAI GREEN CURRY

By **Andrea Soranidis**

Ready in just 20 minutes this Vegan Thai Green Curry is awesomely gluten-free and totally easy to customize with your favorite veggies!

PREP TIME:
5 mins

COOK TIME:
15 mins

TOTAL TIME:
20 mins

INGREDIENTS

- 1 small head of purple cauliflower cut into florets
- 2 tbsp extra-virgin olive oil
- 1 garlic clove grated
- 1 tsp fresh ginger grated
- ½ white onion finely sliced
- 1 yellow bell pepper finely sliced
- 5 oz oyster mushrooms roughly chopped (150 g)
- 1 zucchini roughly cubed
- 2 oz snow peas (60 g)
- 1 tbsp vegan Thai green curry paste
- 2 tsp organic brown sugar
- 2 oz fresh or frozen peas (60 g)
- 1 can organic coconut milk (13.66 fl oz/ 400 ml)
- 1 tbsp gluten-free tamari sauce
- ½ lemon grass
- ½ red Thai chilli finely sliced (optional)
- ½ lime
- 1 tbsp fresh coriander finely chopped



Andrea Soranidis

Andrea Soranidis is the recipe developer behind thepetitecook.com. Andrea created her blog to document her life as a foodie/recipe developer and now she also shares her food experiences from around the world. On her website, you can find plenty of vegan-friendly, allergy-friendly, and easy/quick recipes.

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INSTRUCTIONS

1. In a large pot of lightly salted boiling water cook the cauliflower florets for 5 minutes or until just tender.
2. Heat a large wok or cast iron skillet with the extra-virgin olive oil over medium heat. Add in the garlic, ginger, onion, bell pepper, oyster mushrooms, zucchini and snow peas, and stir-fry all the veggies for 2 minutes.
3. Add in the Thai green curry paste and sugar and cook for another minute.
4. Drain the cauliflower florets and fold them together with the peas into the pan with the other veggies, and cook for 5 more minutes.
5. Pour in the coconut milk and tamari sauce, and add in the lemongrass. Cook for 5 minutes, then remove the lemongrass. If the curry is too thick, add a splash of water, and adjust seasoning to taste.
6. Remove the pot from the heat, squeeze half lime over the top, and sprinkle the fresh coriander and red chilli (if using) all over the curry. Serve with your favorite steamed rice.