

Mixed Vegetables Coconut Milk Recipe

Ingredients:

1 aubergine
12 French beans, topped and tailed
2 small carrots
200 g cabbage
5 tablespoons vegetable oil
500 ml coconut milk
190 ml water
1 teaspoon salt
1 teaspoon sugar

Spice paste:

6 candlenuts
10 shallots, peeled
2 teaspoons shrimp paste
1 teaspoon dried shrimp, soaked until soft
1 thumb-sized piece fresh turmeric
3 cloves garlic
4-6 red chilies

Method:

Halve aubergine lengthwise and slice across into half moons about 1 cm thick. Slice the French beans diagonally in half, the carrots into 4-cm sticks, and the cabbage into wide strips. Grind all spice paste ingredients fine. Heat oil in a wok over medium heat and fry ground spices until fragrant, 4 to 5 minutes. Add coconut milk and water and bring to the boil. Add all vegetables and simmer for 10 minutes. Add salt and sugar and simmer for 5 minutes more or until vegetables are tender. Serve hot.

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