



VEGGIE THAI STIR FRY

WITH BASIL, GINGER & LIME



INGREDIENTS

SERVES 6 TASTINGS

- 2 tbsp vegetable oil
- 1/4 cup spring onions OR white onion, finely chopped
- 4 cloves garlic, minced
- 1 piece ginger, minced OR 1 tbsp crushed ginger
- 1 small fresh red chilli, sliced (optional)
- 2 carrots, julienned (strips, french cut)
- 1 handful fresh beans, chopped (10-15 beans)
- 1/2 large red capsicum, julienned
- 3 - 4 large silverbeet leaves only, roughly chopped
- 10 sweet basil leaves

Stir fry sauce

- 2/3 cup coconut milk
- 2 tsp fish sauce (or soy sauce if vegetarian/vegan)
- 1 tbsp fresh lime juice
- 1/4 (to 1/2) tsp dried crushed chili flakes
- 3 tsp brown sugar
- 1 tsp cumin
- 1 tsp turmeric

EQUIPMENT

- Chopping board
- Knives
- Wok (or large frying pan)
- Wooden spoon
- Measuring cups & spoons
- Mixing bowl and spoon

INSTRUCTIONS

FOR THE SAUCE

1. In a small bowl, combine coconut milk, fish sauce, lime juice, chilli flakes, cumin, turmeric and brown sugar. Stir well to dissolve sugar. *Taste-test, keeping in mind that the first taste should be spicy-salty, followed by sweetness and the rich taste of the coconut milk. Adjust these flavors to suit your taste, adding more lime juice if too sweet or salty.*

STIR FRY THE DISH

2. Warm a wok or large frying pan over medium-high heat.
3. Add 2 tablespoons oil and swirl around, then add the white onion, garlic, ginger and fresh chilli.
4. Stir fry for 1 to 2 minutes, then add carrots and beans, plus 1/4 cup of the stir-fry sauce. Continue stir-frying for another 2 to 3 minutes.
5. Add capsicum, plus another 1/4 cup stir fry sauce and gently simmer vegetables for approximately 2 minutes. *This is meant to be a "saucy" stir-fry that is never dry so the sauce can flavor the rice it is served with.*
6. Finally, add silverbeet and the remaining sauce to the stir fry and simmer until silverbeet has just softened. *Taste-test if not salty enough, add a little more fish or soy sauce. If too salty or sweet, add a squeeze of lime juice. Add more sugar or chilli if desired and a touch more coconut milk if needed.*
7. Remove from heat. Using scissors cut fresh basil and serve over jasmine rice.

FROM THE GARDEN

- Carrots, Basil, White onion, Silverbeet, Chilli, Lime

Recipe by: www.thespruceeats.com