



Massaman Curry has its tradition in Thai / Indian cultures. There are many variations with meat / non-meat options!

What springs to mind is the potato texture and of course the roasted peanuts crunch!

Contains nuts so leave out nut butter / nuts if allergic.

Feel free to substitute with vegetables you wish.

SERVES 4 Portions

INGREDIENTS:

- Coconut oil 1 tbsp
- 2 x cloves garlic
- 1 x whole white / yellow onion or 3 shallots
- Grated ginger (small amount)
- 2 x large carrots sliced and diced
- ½ courgette sliced and diced
- 100g / handful of mangetouts or frozen garden peas (add in towards the end)
- 6 x baby potatoes (You can use some butternut squash or 1 sweet potato here as substitutes or add in as well as – if you are a vegetarian)
- 2 tbsp nut butter of your choice
- 1 x tin coconut milk (You can use light if watching calories, you can use half the tin and half vegetable stock as lighter alternative option)
- Juice of 1 lime
- 1 tbsp soy sauce
- Black pepper, cinnamon, nutmeg (pinch)
- Sea salt
- 1 tsp cumin
- **SERVING:** Use some flaked almonds / cashew nuts (add sea salt together with black pepper before sprinkling on top of your curry)



- Coriander to garnish if you wish

ADDITIONAL OPTIONS

1 chicken breast per person

Vegetarian: 1 block of tofu and / or 1 tin chickpeas drained or use liquid if you need

METHOD:

(Trick is slow gentle heat for 1 -1.5 hour for release of flavours)

- Great to prepare the day before! If using TOFU, it will benefit left overnight to soak in flavours.
- In a pot melt the coconut oil.
- Add the chopped onion, garlic and grated ginger. Sweat over a low heat with lid on.
- Add a little water as you need to avoid sticking rather than adding more oil.
- Add in black pepper, sea salt, cumin, pinch cinnamon, pinch nutmeg, soy sauce and continue to sweat for 10 -15 mins in total to release flavours.
- **ADD IN CHICKEN HERE IF USING!**
- Add in carrot, courgette, mangetout (or veg of your choice) followed by potato and continue to cook gently.
- Add a little water as required to avoid sticking.
- Add 2 tbsp of nut butter and stir through well.
- Add in your coconut milk, juice of 1 lime , cover and let it simmer on the lowest heat for anywhere up to one hour , if you have added too much liquid leave for an additional few minutes to reduce further.
- **ADD TOFU HERE AND/OR CHICKPEAS HERE IF USING!**
- Leave over night for flavours to infuse and all you have to do is cook your rice the next day!

TIP!

- Freeze a portion or two for a rainy day when you don't want to cook!



SERVING OPTIONS

- Serve alone
- Serve with rice. 60g is a portion per person.
- For more bulk I would use half white / half brown or half brown / half wild rice / white rice & wild rice to introduce to your diet for example if you have been just used to eating white varieties.

WILD RICE (about €1 per small bag in the supermarket!)

- Wild rice (black in colour) has a different taste, it's a GRASS rather than a grain! I would use mix in to get used to it. What I love about wild rice is it gives you a feeling of satisfaction and does not spike your blood sugar levels the same as white rice can.
- Wild rice contains more vitamins, minerals, protein, and fibre than white rice.
- Wild rice can help with blood sugar levels and contribute to a healthier heart.
- Brown / Wild rice better options for managing blood sugar and avoiding spikes.