

healthy body



healthy mind

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Thai green curry with Cauliflower Rice

Turkey breasts or mixed seafood is great with this dish

Green Thai paste

1 tin coconut milk

1 onion

Packet of baby corn and mange tout

Half a Cauliflower (A quarter of cauliflower will do one portion of rice)

Method

Add onion and turkey to a pan and brown before pouring over the coconut milk. Use as much of the paste as you can handle, usually 2 dessert spoons is enough.

Don't boil but simmer gently for 10mins.

Slice the baby corn down the middle and stir in along with the mange tout, cooking for a further 5mins.

Now grate the cauliflower floret side down into a bowl, season and heat through in a hot wok or pan for 1/2 minutes. Keep moving it around the pan and don't overcook it!