



SWEET POTATO AND EGGPLANT GREEN CURRY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 30 mins

Serves: 4-6

INGREDIENTS

- 2 tbsp coconut oil
- 1 onion, diced
- 1.2 tbsp green curry paste
- 400mls (1 can) coconut milk
- 200mls water
- 2 medium sweet potatoes, cut to bite size pieces
- 1 medium eggplant, cut to bite size pieces
- 6 Kaffir lime leaves
- 2 tbsp fish sauce (or soy sauce)
- juice of 1 small lime
- 1 tbsp honey
- coriander leaves, fresh and chopped for garnish

METHOD

- Heat oil in large pot (or wok) and add onions and curry paste, then cook for 3 minutes.
- Add coconut milk and water, and simmer uncovered for 5 minutes.
- Add sweet potato, eggplant and lime leaves and cook for 15 minutes on medium heat.
- Once vegetables are tender, add fish/soy sauce, lime juice and honey and stir through.
- Serve with cauliflower rice, and garnish with chopped fresh coriander leaves.

