



THAI SWEET

POTATO AND RED

DUCK CURRY

Serves 4

Ingredients

- 3 tbsp olive oil
- 1 brown onion thinly sliced
- 1 red capsicum
- 3 cloves garlic sliced
- 2cm ginger grated
- 1 whole sweet potato cubed (precooked in microwave 5 min with ¼ cup water)
- 3 tbn red curry paste (or less if too spicy)
- 400ml coconut cream or milk (add 1/2 cook high to split, then add other 1/2)
- 150ml chicken stock or water if getting dry
- 2 maryland's duck (or can use chicken), precooked
- ½ lime juiced
- 2 tbsps fish sauce or to taste

To Garnish

- 1 bunch of broccolini blanched (boiling water for a few min, then refresh in cold water)
- handful toasted coconut fried shallot
- coriander thai basil leaves to serve
- cauliflower rice (optional)
- cut/food process ½ cauliflower and cook in 1 tbsp coconut oil, stir 1min, lid on to steam 3min cook till soft
- or buy pack and microwave

Methods

1. Add olive oil to pan over medium/high heat.
2. Fry onion, capsicum, garlic, ginger, cook till fragrant and softened 2 min, add sweet potato.
3. Then add spice paste, cook till fragrant.
4. Add top ½ of coconut cream and cook over high heat stirring until it cracks (the oil separates and gives it great colour/flavour). Then add the remaining coconut cream.
5. Add water or stock, leave to simmer.
6. Place broccoli in boiling salted water till soft, then cool.
7. To finish, add duck, fish sauce, and lime juice to taste.
8. To serve, add broccolini, toasted coconut and fried shallot.

DENTAL FRIENDLY



Swap sugar for sweet potato and caramelised onion



Swap rice (fermentable carbohydrate, can form sugar when left in teeth) for cauliflower rice