

Red Thai Vegetable Curry

1 exchange per serving



Ingredients (Serves 4):

- 3–4 tbsp Thai red curry paste*
- 400ml coconut milk*
- 400g (16oz) butternut squash, peeled and cubed
- 250g (10oz) cherry tomatoes
- 1 tbsp fish sauce**, to season
- 1 lime, juiced
- 2 handfuls fresh basil or coriander, finely chopped



Method:

1. Heat the curry paste gently in a wok or frying pan until it starts to fry in its own oil, add a little extra oil if it starts to stick.
2. Add the coconut milk and bring to a simmer. Add the butternut squash and simmer for 10 minutes or until it is almost tender.
3. Add the cherry tomatoes and cook for 2 minutes.
4. Add 1 tbsp of fish sauce (this is the equivalent of salt, add a few drops and then taste), then add the lime juice and the herbs.
5. Serve with **Loprofin Tagliatelle** or **Loprofin Rice**.

* Please check the protein levels on food labels.

** 1 tbsp fish sauce = 1 exchange for those on a low protein diet.