

1. In a large microwave safe pot with a lid, mix together curry paste, oil, and peanut butter. Cover and microwave on high for approx 1 minute until melted.
2. Add vegetables to the pot and stir. Cover with the lid and microwave on medium for 8 - 10 minutes until vegetables are cooked but still firm.
3. Mix cornflour with a little coconut milk to make a smooth paste then add to vegetables with; basil, coriander, coconut milk, soy sauce, honey and season with salt and pepper. Stir to mix very well, cover it, and microwave on medium for 4 to 6 minutes.
4. Stir again, cover, and let it rest for 3 to 4 minutes.
5. Serve hot over white rice.

400gm chopped vegetables
3-4tbsp Thai curry paste
3tbsp olive oil
2tsp peanut butter
5tbsp basil leaves, chopped
5tbsp coriander leaves, chopped
400g can coconut milk
1tbsp soy sauce
1½ tbsp honey
40ml cornflour
juice 1 lime
fresh ground black

'What's Cooking!' Recipe Card***Mains*****THAI VEGETABLE CURRY****FOOD FACT:**

Basil aids digestion and has antiseptic properties.

Because it has an mild sedative effect it may help with insomnia.

Preparation time **10 mins**

Cooking time **15 mins**

Serves 4