

CARBCONTROL RECIPES

MAINS

Thai Green Curry – serves 2

200 g meat (beef, lamb or chicken), sliced into pieces

1 tsp crushed ginger

1 tsp crushed garlic

100ml lite coconut cream

¼ onion, chopped

2 mushrooms, cut in quarters

salt and pepper to taste

1 Tbsp (or less, as desired) green curry paste

coriander leaves

Heat oil in a wok or pan over medium heat. Stir fry green curry paste, onions, mushrooms, ginger, garlic for 2 minutes. Season with salt and pepper and add coconut milk. Simmer gently for 2 minutes. Sprinkle with fresh coriander leaves and serve with vegetables or salad.