



# Vegetable Massaman Curry

Recipe by Chelsea Goodwin, author of \$10 Meals with Chelsea



Serves 8



55 minutes

## INGREDIENTS

1 brown onion, thinly sliced or diced  
4 cloves garlic, crushed  
1 tablespoon finely grated fresh ginger  
500g sweet potato, peeled and cubed  
500g potatoes, peeled and cubed  
4 carrots, sliced  
300g green beans, trimmed and halved  
1 red capsicum, thinly sliced  
1 tablespoon vegetable oil  
2 x 114 g tins Massaman curry paste  
3 x 400 g tins coconut cream  
1 tablespoon lime juice (about ½ lime)  
1 tablespoon brown sugar  
1 tablespoon fish sauce

### To serve:

Steamed jasmine or basmati rice  
Lime wedges  
Coriander leaves

## DIRECTIONS

### Prep

1. Slice onion, crush garlic and grate ginger.
2. Peel and chop potatoes, sweet potatoes and carrots; trim and halve green beans and slice capsicum.

### Cook

1. Heat the oil in a large frying pan or pot over medium-high heat. Add the onion and cook, stirring, for 2 minutes.
2. Add the curry paste, garlic and ginger. Cook, stirring, for 2 minutes.
3. Pour in ½ tin of coconut cream and cook, stirring, for 2–3 minutes, until the liquid has visibly reduced by about a third.
4. Pour in the remaining coconut cream then add lime juice, brown sugar and fish sauce. Bring to the boil.
5. Add the sweet potato, potato and carrot then reduce heat to medium-low. Simmer, partially covered, for about 15 minutes or until the vegetables are tender.
6. Add the beans and capsicum and cook for another 5 minutes or until vegetables are cooked to your liking.
7. Taste to check spice level and flavour. Add a little more lime juice, sugar or fish sauce if you feel that it needs acidity, sweetness or salt.
8. Serve over rice, with lime wedges on the side and topped with coriander leaves.



# Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

