

Vegetarian Thai Massaman Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chicken-massaman-curry-recipe>

Ingredients:

- 4 tablespoons dry roasted peanuts
- 1 spring onion stalk, finely chopped
- 2 cloves garlic
- 1 piece tamarind or a1 teaspoon tamarind pulp
- 2 red chillies or more for spice
- 1 piece ginger or galangal
- 1 stalk lemongrass chopped
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon cumin seeds
- 2 cloves
- 1 bay leaf
- 2 cardamon pods
- 1/2 inch cinnamon stick piece of
- 1 1/4 cups coconut milk
- 7 ounces tofu
- 1 head broccoli
- 1 carrot cut lengthwise into 1 inch thick pieces
- 2 teaspoons palm sugar or brown sugar
- salt to taste

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 30 grams
3. Fat: 29 grams
4. Fiber: 9 grams
5. Protein: 15 grams
6. SaturatedFat: 20 grams

7. Sodium: 350 milligrams

8. Sugar: 9 grams

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