

Thai Green Curry Paste

Yield: 16 min
Total Time: 47 min

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

Ingredients:

- 1 tablespoon coriander seeds
- 1/2 tablespoon cumin seeds
- 1/2 teaspoon black peppercorns
- 5 green chilies medium, such as Serrano, stems removed and cut into large pieces
- 3 stalks lemon grass white part only, chopped
- 2 shallots peeled and quartered
- 8 cloves garlic peeled
- 1 inch fresh ginger piece, peeled and cut into pieces
- 1 lime grated rind of 1
- 1/4 cup cilantro leaves or Italian parsley, optional
- 2 tablespoons water more as needed
- 1/4 cup raw cashews
- 1/4 cup coconut dried, unsweetened
- 2 cups water
- 1 1/2 teaspoons cornstarch or arrowroot powder
- 1 onion large, halved and thinly sliced
- 2 cloves garlic minced
- 3 tablespoons green curry paste
- 1 cup vegetable broth
- 2 tablespoons lite soy sauce or gluten-free tamari
- 1 package extra firm tofu 14-ounces, cubed and lightly pressed, see variations below
- 4 cups leaves swiss chard, thinly sliced, see variations below
- 1 bunch asparagus ends trimmed and stalks cut into 1-inch pieces
- 1/2 lime Juice of half a lime
- 1 teaspoon sugar agave nectar, or sugar substitute
- salt to taste
- 2 tablespoons chopped fresh cilantro to garnish, optional

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fat: 1.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 230 milligrams
8. Sugar: 2 grams

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