

Khao Suey

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/khao-suey-recipe-india>

Ingredients:

- 1 red onion thinly sliced
- 1 cup mushrooms sliced
- 1/2 red bell pepper sliced
- 1/2 cup tofu diced into bite size pieces
- scallions handful of sliced
- 2 teaspoons garlic paste ginger
- 1 tablespoon Thai red curry paste
- 1 cup coconut milk 250 ml
- 1/2 cup water
- 1/2 teaspoon turmeric
- 2 teaspoons sugar
- salt
- 1 tablespoon vegetable oil
- noodle – of your choice, preferably thick
- chopped cilantro handful of roughly
- lemon wedges for serving

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 10 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 13 grams
8. Sodium: 220 milligrams
9. Sugar: 7 grams

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