Curry is a staple food item in Thailand and you can bring international flare to your dinner with this vegetable curry recipe. Coconut milk makes the curry rich and creamy, perfect for serving over rice. Green curry makes for a finger lickin’ good dinner! Make enough for leftovers!

**Prep time:** 15 mins  
**Cook time:** 30 mins  
**Serving size:** 3 Servings  
**Price Per Recipe:** $8.56  
**Price Per Serving:** $2.85

### Ingredients

- 1 cup rice, white or brown  
- 2 teaspoons coconut oil  
- 1 small white onion, diced  
- 1 tablespoon ginger  
- 3 carrots, cut into rounds  
- 1/2 of a small cauliflower, broken into similar sized florets  
- 2 tablespoons Thai green curry paste  
- 1 can coconut milk, full fat  
- ½ cup water  
- 1 cup chickpeas  
- 1 ½ teaspoons soy sauce

### Optional Ingredients

- Spinach  
- Mushrooms  
- Chili Flakes  
- Chicken  
- Garlic  
- Green Beans  
- Lemongrass  
- Potatoes  
- Acorn Squash  
- Sweet potato  
- Tofu

### Ginger Root

Ginger is a root known for its numerous health benefits and sharp, spicy flavor. Ginger originated in Southeast Asia and made its way to Europe during the spice trade and is now used worldwide. From tea to stew to candy, ginger root has diverse uses and can be found in powdered form.
**Mise en place:** Portion curry paste and add the water and soy sauce, stir until smooth and set aside. Portion the oil, open the can of coconut milk. Bring a pot of water to a boil to cook the rice. Use a 2:1 water to rice ratio and follow the cooking directions on the package.

**Step 1: Cut the Cauliflower:** Cut the leaves off the cauliflower and then half it, removing the tough part of the stem. Cut the cauliflower into even sized florets.

**Step 2: Chop and Dice:** Dice the onions to a medium size, then grate the ginger using a microplane. Cut carrots into medallions.

**Step 3: Sweat the Onions:** Sweat the onions, ginger and garlic in the coconut oil. Add the carrots and cook for 3 more minutes. Add the water, soy sauce and curry paste mixture, stir to combine, then cook for 2 more minutes.

**Step 4: Curry Up and Wait:** Add the coconut milk to the vegetables and bring the whole thing to a simmer, add the cauliflower and cook until they are soft, about 10 minutes. Stir in the chickpeas and cook for another 2 minutes.

**Step 5: For the Win:** Place rice in a bowl and pour the curry on top. Garnish with either basil or cilantro, add chili flakes for a spicier curry.