




MASSAMAM CURRY



Massaman Curry has its tradition in Thai / Indian cultures. There are many variations with meat / non-meat options! What springs to mind is the potato texture and of course the roasted peanuts crunch! Contains nuts so leave out nut butter / nuts if allergic. Feel free to substitute with vegetables you wish.

 20 minutes
 30 minutes
 4 portions

INGREDIENTS

- 2 tbsps of oil, coconut [27 g]
- 2 cloves of garlic, raw [6 g]
- 1 small unit of onions, raw [70 g]
- 1 tsp of ginger root, raw [2 g]
- 2 small units [5-1/2" long] of carrots, raw [100 g]
- 1 cup 1/2" pieces of beans, snap, green, raw [100 g]
- 200 grams of potatoes, raw, skin
- 2 tbsps of peanut Butter, smooth [32 g]
- 2 cups of nuts, coconut milk, raw (liquid expressed from grated meat and water) [480 g]
- 2 tbsps of syrups, maple [40 g]
- 2 tbsps of soy sauce made from soy [tamari] [36 g]
- 1 whole tsp of spices, cumin seed [2 g]
- 1 tsp, ground of spices, pepper, black [2 g]
- 1 unit yields of lime juice, raw [44 g]

COOKING METHOD

- 1° [Trick is slow gentle heat for 1 -1.5 hour for release of flavours] • Great to prepare the day before! If using TOFU, it will benefit left overnight to soak in flavours. • In a pot melt the coconut oil. • Add the chopped onion, garlic and grated ginger. Sweat over a low heat with lid on. • Add a little water as you need to avoid sticking rather than adding more oil. • Add in black pepper, sea salt, cumin, cinnamon, nutmeg, soy sauce and continue to sweat for 10 -15 mins in total to release flavours. • ADD IN CHICKEN HERE IF USING! • Add in chunks of carrot, courgette, mangetout [or veg of your choice] followed by potato and continue to cook gently. • Add a little water as required to avoid sticking. • Add 2 tbsp of nut butter and stir through well. If using maple syrup add in now. • Add in your coconut milk, juice of 1 lime , cover and let it simmer on the lowest heat for anywhere up to one hour , if you have added too much liquid leave for an additional few minutes to reduce further. • ADD TOFU HERE AND/OR CHICKPEAS HERE IF USING! • Leave over night for flavours to infuse and all you have to do is cook your rice the next day!
- 2° TIP • Freeze a portion or two for a rainy day when you don't want to cook! SERVING OPTIONS • Serve alone • Serve with rice. 60g is a portion per person. • For more bulk I would use half white / half brown or half brown / half wild rice / white rice & wild rice to introduce to your diet for example if you have been just used to eating white varieties. WILD RICE (about €1 per small bag in the supermarket!) • Wild rice (black in colour) has a different taste, it's a GRASS rather than a grain! I would use mix in to get used to it. What I love about wild rice is it gives you a feeling of satisfaction and does not spike your blood sugar levels the same as white rice can. • Wild rice contains more vitamins, minerals, protein, and fibre than white rice. • Wild rice can help with blood sugar levels and contribute to a healthier heart. • Brown / Wild rice better options for managing blood sugar and avoiding spikes.
- 3° <https://www.reveal.ie/wellness/recipes-wellness/dinner/shepherds-pie-2>

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (285 g)	% DRI
ENERGY	167 kcal	478 kcal	24 %
PROTEIN	3 g	8 g	16 %
CARBOHYDRATE	10 g	30 g	11 %
SUGARS	5 g	14 g	15 %
FAT	14 g	40 g	57 %
FATTY ACIDS, TOTAL SATURATED	11 g	32 g	159 %
FIBER	2 g	6 g	26 %
SODIUM	205 mg	586 mg	24 %