

Vegetable Curry Casserole (meat or vegetarian)

Adapted from Julie Thompson, Blackalls Park NSW

Ingredients:

700g peeled and diced vegetables, e.g.:

- 1/2 cup peas
- 1/2 cup corn
- 1 zucchini
- 1 medium sweet potato
- 1 potato

200g chicken or beef, diced (or 1 tin chickpeas)

1 sachet Vissot Cambodian Curry paste, dissolved (see below)

1 cup coconut cream

1/2 cup water



Method:

- Mix the vegetables and meat (or chickpeas) in a casserole dish (optional: browning the meat in a frypan first may improve the flavour)
- Mix the Vissot curry paste with the coconut milk and pour over the vegetables
- Put the lid on, place in a preheated oven and bake at 180°C for 1 hour

Dissolving the Paste:

Cut paste into 5mm wide strips:



Place in a small bowl and add **hot** water until almost covered (2 tbs for 1/2 sachet):



Soak for 10 minutes (microwave to dissolve faster). Mash into a smooth paste with the back of a spoon:

