

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 in 3 tbs water (see below)
- 1 cup **coconut cream** or coconut milk
- 1/2 cup **water**



Optional: add chilli for extra spice

Method:

1. Mix the vegetables and meat (or chickpeas) in a casserole dish (optional: browning the meat in a frypan first may improve the flavour)
2. Mix the Vissot curry paste with the coconut milk and pour over the vegetables
3. 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 and place in a small bowl:



Add water until almost covered (3 tbs for 1 sachet). Microwave on high until soft (about 20 seconds):



Mash into a smooth paste with the back of a spoon:



Alternative to microwaving: soak in hot water for 10 minutes



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