Speedy Thai curry

Quick, creamy and full of exotic flavors: this Thai curry combines subtle spiciness with the natural sweetness of banana and mango mustard. A fruity and spicy taste experience that is ready on the table in just a few minutes.

Zutaten
3 Portionen

70 ml Byodo frying oil with sesame oil
1 Organic banana
1 Garlic clove
1 Piece Ginger
0.5 Chili pepper
1 EL Curry powder
20 ml Byodo Lemon Balsam
2 EL Byodo Asia Sauce
40 ml Soy sauce
300 ml Coconut milk
1 EL Byodo mango balsamic mustard
Water - as required
8 Shiitake mushrooms
1 Paprika, red
200 g Cauliflower
200 g Broccoli, wild
100 g Savoy cabbage
Pepper
Byodo organic sea salt

Zubereitung

Heat some frying oil in a large pan. Peel an organic banana, cut into slices and fry in the hot oil. Grate some fresh garlic and ginger directly over the banana. Finely chop a chili pepper and add. Sprinkle over the curry powder and fry briefly until fragrant. Then deglaze with lemon balsamic, a little Asian sauce and soy sauce. Now add the coconut milk and mango balsamic mustard, bring everything to the boil and top up with a small sip of water. The banana provides natural sweetness and a creamy consistency.

Meanwhile, chop the shiitake mushrooms, peppers, cauliflower, broccoli and savoy cabbage. Other vegetables can also be used as desired. Alternatively, the dish goes well with tofu, prawns or chicken strips, which can be fried separately.

Pour the finished sauce into a blender jug and blend until smooth. If it is too thick, add a little water and blend again until a smooth consistency is achieved.

Heat the pan again and add a little frying oil. Fry the mushrooms first – they provide the typical umami flavor. Then add the peppers and cauliflower and continue to fry, followed by the broccoli and savoy cabbage. The vegetables should be well fried but still have a slight bite. Season with salt and pepper, then deglaze with a dash of soy sauce. Add some of the prepared curry sauce to the pan, fry briefly, then add the rest of the sauce. If the curry becomes too thick, add a small sip of water and reduce to the desired consistency.

The vegetable curry goes perfectly with fresh rice or fragrant jasmine rice. Garnish with fresh coriander, spring onions or sesame seeds before serving.