

THAI STYLE VEGETABLES WITH SPICY COCONUT SAUCE

2 servings

1 Tb coconut oil
2 clove garlic
1 onion chopped
½ tsp red pepper flakes
¼ cup chopped ginger
1 cup mushrooms sliced
1 Tb red Chili sauce or to taste (optional) Thai Kitchen is a good brand
1 cup lite coconut milk
1 cup chopped broccoli
2 carrots sliced
1 cup kale stems removed cut into 1" strips
Sea salt to taste

- Heat oil in a large sauté pan.
- Add garlic and onion, sauté for a few minutes on low heat until they start to soften.
- Add ginger, red pepper flakes and mushrooms.
- Sauté on medium heat for 3 minutes until mushrooms brown a little
- Add chili sauce sauté 1 minute.
- Add the coconut milk, stir to combine evenly.
- Add broccoli and carrots, to the pan. Simmer on medium heat until the vegetables have lost their rawness and are starting to soften up a little 2-3 minutes.
- Add the kale you may have to put add it in batches until it wilts. Mix to coat with the coconut mixture. Sauté 3 minutes until kale is tender but still green.
- Add salt to taste.
- Serve with Spicy Quinoa or your favorite grain