

## Thai Style Vegetables with Spicy Coconut Sauce

This is a rich, satisfying vegan dish full of vibrant flavors and colors. There is lots of ginger which is anti-inflammatory. The coconut milk adds good fat into your diet which will give you energy and help curb sugar cravings. You can substitute different vegetables according to what is available in the market. I have made it with cauliflower instead of broccoli and spinach instead of kale. It is a very flexible dish.

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 paste or to taste (Thai Kitchen is a good brand)  
1 cup lite coconut milk (I like Organic Native Forest)  
1 cup broccoli cut into florets  
2 carrots sliced  
1 cup kale, leaves cut into 1" strips (remove the stems, save for juice)  
Celtic 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 low 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.