

MUSHROOM VEGETABLE CURRY

2 persons / 499 kcal per person

Ingredients:

- 130 grams of pandan rice
- 250 grams of broccoli
- 1 tablespoon of oil
- 95 grams of red curry paste
- 250 grams of chestnut mushrooms
- 1 can of crispy corn
- ½ red bell pepper
- ½ eggplant
- pepper and salt



Preparation:

Cut the eggplant into cubes. Cut the bell pepper into small strips and halve the mushrooms. Cut the broccoli into florets and cook the broccoli for 5 minutes in a base of water with salt until al dente. Drain and set aside. Cook the rice according to the instructions on the package. Heat the oil in a large pan and fry the curry paste for 2 minutes. Add the mushrooms, corn, bell pepper and eggplant to the curry paste in the pan. Stew the vegetable curry for 15 minutes with the lid on the pan and over low heat. Now add the broccoli and fry for another 3 minutes on high heat. Season the vegetable curry with salt and pepper if necessary. Serve with the rice.

Nutritional value per person:

Energy:	499 kcal
Protein:	18.4 grams
Carbohydrates:	77.7 grams
- including sugars:	12.8 grams
Fat:	10.7 grams
Fiber:	10.3 grams
Salt:	1.4 grams