Green Curry with Dumplings

The green pea & green banana mixture formed into small dumplings, simmered in a coconut green curry with bamboo shoots and snap peas, served with jasmine rice.

Recipe



Difficulty: ●●●●○
Portions: 4
Prep Time: 35 minutes

Ingredients:

For Green Vegan Dumplings:

- 1.5 cups (approx. 6 oz) Green Garden Delight meat
- 2 tbsp cornstarch or tapioca starch
- 1 tbsp soy sauce or tamari
- 1/2 tsp sesame oil



For Green Curry:

- 1 tbsp coconut oil or vegetable oil
- 2-3 tbsp green curry paste (vegan)
- 1 can (13.5 oz) full-fat coconut milk
- 1/2 cup vegetable broth
- 1 tbsp soy sauce or tamari
- 1 tbsp maple syrup or brown sugar
- 1/2 cup sliced bamboo shoots (canned, drained)
- 1 cup fresh snap peas
- 1/2 lime, juiced
- Salt to taste
- Fresh basil leaves for garnish
- 2 cups cooked jasmine rice, for serving

Lets Cook!

Prepare Dumpling Mixture:
Combine Green Garden Delight meat, starches, soy sauce/tamari, and sesame oil. Mix well.

Shape Dumplings:
Roll into small (1-inch) balls. Place on parchment paper.

Start Green Curry:
Heat oil in a large pot. Saute green curry paste 1-2 minutes.

Simmer Curry:
Add coconut milk and broth, whisk to combine. Bring to a gentle simmer. Stir in soy sauce/tamari and maple syrup/brown sugar.

Cook Dumplings & Veggies:
Add dumplings and bamboo shoots to simmering curry. Cook 8-10 minutes. Add snap peas for the last 2-3 minutes.

Finish & Serve: Remove from heat. Stir in lime juice. Serve over jasmine rice, garnish with basil.

Pro Fact:

The distinctive green color of Thai green curry comes from green chilies, kaffir lime zest, and sometimes fresh coriander, not just the vegetables in the dish.

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Cook It With:

Green Garden Delight

Green Peas & Green Plantain

