

## Summer Vegetable Curry

-1 14-ounce can coconut milk  
-1 onion, chopped  
-2 tablespoons green curry paste, or more to taste  
-1/2 teaspoon sea salt  
-1/2 pound waxy potatoes, washed and sliced 1/2-inch thick  
-1/4 pound green beans  
-1/4 pound broccoli, cauliflower, or Romanesco florets  
-8 ounces extra firm tofu, cut into 1/4 inch cubes  
-kernels from 1 ear of corn  
1 lime, halved or quartered  
fresh coriander seeds

1. Spoon a few tablespoons of thick coconut cream from the top of the coconut milk, place it in a large pot over medium-high heat and bring to a simmer.
2. Add 2/3 of the onion and saute until it softens a bit, 2-3 minutes. Stir in the curry paste and salt, and cook for another minute or two.
3. Have a taste, and decide if you want to adjust the flavor - adding more curry paste or salt if needed. Squeeze some lime juice over remaining onion and set aside
4. . Add the rest of the coconut milk to the pot along with the potatoes, cover, and simmer until they are just starting to get tender throughout - about 10-15 minutes.
5. At this point add the beans, broccoli/romanesco, and tofu.
6. Let simmer for a couple of minutes, the potatoes should be completely tender by this point.
7. Add the corn and remove from heat. Serve each bowl topped with a sprinkling of the remaining onion, fresh coriander seeds and feathery sprigs (or chopped cilantro), and more lime juice, to taste. Serves 4.

Nutritional Facts: 984 Calories, 162 Carbs, 24g Fat, 45g Protein, 2110mg Sodium, 35g Sugar