

COCONUT GREEN CURRY WITH ROASTED BRUSSELS SPROUTS

vegan, gluten free, dairy free

Recipe by Jentry Lee Hull

Yields 6 servings

Prep time: 15 minutes

Cook Time: 1 hr 10 minutes

You'll need:

- Yellow onion
- Garlic
- Ginger Root
- Lime
- Coconut Milk
- Green Curry Paste
- Maple Syrup
- Chickpeas
- Brown Jasmine Rice
- Sweet Potatoes
- Cilantro
- Cashews
- Brussels Sprouts
- Salt
- Red Pepper Flakes
- Sriracha
- Coconut Oil
- Neutral oil (Avocado)

INGREDIENTS

- 2 medium sweet potatoes/yams (I used Japanese yams)
- 1 Lb Brussels Sprouts, trimmed and cut into quarters
- 1 Tbsp neutral oil (I recommend avocado oil)
- 1/2 tsp Pink Himalayan Salt
- 1 tsp Red pepper flakes (sub with freshly ground pepper if preferred)
- 1/2 yellow onion, small dice
- 1 tsp virgin coconut oil
- 1 thumb-sized piece ginger root, skin removed and minced
- 4 cloves garlic, finely minced
- 2, 13.5oz cans coconut milk (I recommend 365 Whole Foods Organic; I used one light and one full fat)

- 1 full jar Green Curry Paste (I recommend [Thai Kitchen](#))
- 1 Tbsp Maple Syrup
- 1 1/2 cups (1, 15oz can) chickpeas, drained and rinsed
- 1 Lime, juiced
- 2 cups Brown Jasmine Rice (I recommend [Lundberg](#))

METHOD

- Roast Potatoes:
 - Preheat oven to 450 °F.
 - Line a baking sheet with silicon mat or parchment paper.
 - Scrub, rinse, and shake dry sweet potatoes/yams. Place onto lined baking sheet and roast for about 50 minutes, turning halfway through. Roast plain - no oil needed.
 - Pierce center with knife or fork to test doneness.
- Roast Brussels Sprouts:
 - Once potatoes are baked, change oven heat to 425 °F.
 - Trim Brussels sprouts (remove stems) and cut each one, lengthwise, into quarters.
 - In a mixing bowl, toss Brussels with oil, salt, and pepper.
 - Transfer to a lined baking sheet and roast for 10-12 minutes, or until Brussels are crispy on the edges.
 - Remove from heat.
- Meanwhile, make curry and cook rice:
 - For Curry:
 - In a large pot over medium heat, sauté diced onion in coconut oil for about 5 minutes.
 - Add ginger and garlic, and sauté for another minute, being careful not to burn the garlic.
 - Pour in coconut milk, along with green curry paste, and stir until well-combined.
 - Add chickpeas, and maple syrup.
 - Reduce heat to low, partially cover, and let simmer for 15 minutes, stirring occasionally.
 - After 15 minutes, stir in lime juice and let simmer for another minute or so.
 - For Rice:
 - Cook 2 cups dry rice according to directions.
- Once potatoes and Brussels are roasted, the curry has simmered until it's thick and creamy, and the rice is cooked, it's time to serve.
- Cut roasted potatoes in half, transfer to a serving bowl along with rice, and top with curry and roasted Brussels sprouts.
- Garnish with fresh cilantro and few cashews, and enjoy.
- Store leftovers in an airtight container for up to 5 days.

Coconut Green Curry with Brussels Sprouts

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 291	
% Daily Value *	
Total Fat 19 g	29%
Saturated Fat 15 g	75%
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 2056 mg	86%
Potassium 446 mg	13%
Total Carbohydrate 23 g	8%
Dietary Fiber 6 g	23%
Sugars 9 g	
Protein 7 g	13%
Vitamin A	5%
Vitamin C	50%
Calcium	4%
Iron	10%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Brown Jasmine Rice

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 2 g	2%
Saturated Fat 0 g	0%
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Potassium 0 mg	0%
Total Carbohydrate 33 g	11%
Dietary Fiber 2 g	8%
Sugars 1 g	
Protein 4 g	8%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Roasted Japanese Yams

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 57	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 37 mg	2 %
Potassium 219 mg	6 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	