





Pressure Cooker Thai Red Curry Beef

4 servings

1 hour

Ingredients

- 2 tps Coconut Oil (divided)
- 1 lb Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (small, thinly sliced)
- 1 tsp Ginger (minced)
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Tomato Paste
- 1 tbsp Fish Sauce
- 1 tbsp Coconut Sugar
- 1 Carrot (large, chopped)
- 2 heads Cauliflower (sliced into florets)
- 3/4 cup Organic Coconut Milk (from the can)
- 1 Lime (juiced)
- 1/2 cup Brown Rice (optional, dry/uncooked)
- 2 stalks Green Onion (optional, chopped)
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker, Make it in the slow cooker on low for about 5 hours.

No Fish Sauce, Use soy sauce or tamari instead.

No Coconut Sugar, Use cane sugar instead.

Vegetable Modifications, Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

Crunchy Veggies, Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Thai Green Curry Chicken

4 servings

30 minutes

Ingredients

- 1 Lime (juiced and zested)
- 3 Green Chili Pepper (seeds removed)
- 1 tbsp Ginger (fresh, grated)
- 1/2 cup Cilantro (roughly chopped)
- 1/2 cup Basil Leaves (roughly chopped)
- 1 tsp Cumin
- 1 tsp Fish Sauce
- 1 tbsp Coconut Oil (melted)
- 1 lb Chicken Breast (cut into cubes)
- 1 1/4 cups Organic Coconut Milk (full fat, canned)
- 1 Yellow Bell Pepper (sliced)

Directions

- 1 To create the sauce, add the lime juice, lime zest, chili peppers, ginger, cilantro, basil, cumin, fish sauce and coconut oil into a blender or food processor. Blend until fully combined and thick.
- 2 Add the green curry sauce to a pan over medium heat along with the chicken and cook for 3 to 4 minutes. Add the coconut milk and bell pepper, reduce the heat to medium-low and simmer for 15 minutes. Remove, serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Add minced garlic or chili flakes to the sauce.

Additional Toppings, Serve over top of rice or cauliflower rice.

Make it Vegan, Replace the chicken with baked tofu.

No Fish Sauce, Add sea salt to taste.



Red Lentil Dahl

4 servings

40 minutes

Ingredients

- 1 cup Red Onion (finely chopped)
- 1/4 cup Water
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 1/2 tbsps Curry Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 1/2 cups Dry Red Lentils (rinsed)
- 2 1/2 cups Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 1/2 cup Cilantro
- 1 1/2 tbsps Lime Juice

Directions

- 1 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 2 Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 3 Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is approximately 1 cup of dahl.

More Flavor, Add chili powder, cayenne or a drizzle of honey.

Additional Toppings, Serve with extra cilantro or lime wedges.

Serve it With, Serve with rice, quinoa, naan, pita and/or sautéed greens.

Consistency, If the lentils are too thick, add additional vegetable broth until desired consistency is reached.



Curried Coconut Soup

8 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Ginger (chopped)
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 2 tbsps Curry Powder
- 2 cups Mushrooms (sliced)
- 1 oz Lemongrass (chopped)
- 1 cup Broccoli (chopped into small florets)
- 1 tbsp Lime Juice
- 3 cups Organic Coconut Milk
- 4 cups Organic Vegetable Broth
- 1 Zucchini (spiralized into noodles)
- 1/4 cup Cilantro
- 1 tsp Chili Flakes (optional)

Directions

- 1 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 2 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 3 During the last minute, add the zucchini noodles and remove from heat.
- 4 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size, One serving is equal to approximately one cup of soup.

More Flavor, Add salt and pepper.

Make it a Meal, Add in leftover cooked chicken breast or cooked lentils.



Spinach Lentil Curry

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tpsps Maple Syrup

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

Notes

No Rice, Serve alone or with quinoa, couscous or potatoes instead.

Leftovers, Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick, If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour, Add extra cilantro and lime.



Coconut Chickpea Curry

4 servings

30 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 tbsp Extra Virgin Olive Oil (or coconut oil)
- 1/2 cup Red Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 cups Broccoli (chopped into small florets)
- 1 cup Coleslaw Mix
- 1 Red Bell Pepper (de-seeded and sliced)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Curry Powder
- 1/2 tsp Red Pepper Flakes (optional)
- 2 cups Organic Coconut Milk (canned)
- 1 cup Organic Vegetable Broth
- 2 cups Chickpeas (cooked, drained and rinsed)

Directions

- 1 Cook your quinoa by combining quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 Heat a sauce pan over medium heat and add oil. Add the onion, garlic, ginger, broccoli, slaw mix and red pepper. Season with sea salt and black pepper to taste. Saute for 5 minutes or until veggies are slightly softened. Then stir in curry powder, red pepper flakes, coconut milk, vegetable broth and chickpeas. Bring to a boil then reduce to a simmer. Let simmer for 10 minutes. Taste and adjust seasoning as needed.
- 3 Serve over quinoa and garnish with cilantro and chopped peanuts if you wish. Enjoy!

Notes

Meat Lover, Add in cooked diced chicken or beef.