

THAI VEGAN MASSAMAN

AUSTRALASIA
/ THAILAND

ORIGINS

With many theories linked to the origins of this popular Thai dish, the most common one dates back to the 17th Century when ties between Southern Thailand and nearby Malaysia were strong, and many recipes and ingredients were exchanged. During this time, the Persian merchant Sheik Ahmad Qomi brought a similar recipe to the royal court of Ayutthaya. From here, both dishes were combined, and this delicious curry was created.



4



10 min



10 min



WHAT YOU NEED

- 1/2 pkt (17 g) thai spice
- 250 g sweet potatoes cubed
- 200 g new potatoes cubed
- 1 onion, chopped
- 1/2 cup frozen peas
- 1 cup of cherry tomatoes
- 1/2 tbsp soy sauce or oyster sauce
- 1 tsp brown sugar
- 1 tsp tamarind paste or juice
1/2 lemon
- 400 ml coconut milk

HOW TO MAKE

①

Steam the sweet and new potatoes, until 3/4 cooked, drain and set aside.

②

Sauté onion, 5 min. Add thai spice, sauté 1 min. Add, tamarind, sugar, soy sauce and coconut milk. Bring to the boil, simmer 10 min.

③

Add par cooked potatoes, cherry tomatoes and peas, simmer 5 min.

HOW TO SERVE

Serve with steamed rice, 2 tbsp crushed peanuts and fresh coriander leaves.

HINTS & TIPS

SIDES & CONDIMENTS

Fresh Thai salad:

1 cucumber sliced

1 carrot grated

100 g snow peas

1 tbsp each vinegar, fish sauce, lime juice

2 tbsp fresh coriander and mint leaves, chopped

Mix all ingredients together in a bowl.

SWAPS & ALTERNATIVES

veggie combos: swap sweet potatoes for 250g button mushrooms or 1 cup cooked chick peas for a richer protein diet. Add at step 3.

alternative: 1 tsp tamarind paste = 2 tbsp lime/lemon juice

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