

from the
kitchen
of HSS

Massaman Curry

ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp Massaman curry paste
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tbsp peanut butter powder (or 1 tsp natural peanut butter)
- 1 can (400ml) light coconut milk
- 2 medium potatoes, diced
- 1 red bell pepper, sliced
- 1 carrot, sliced
- 1 tbsp soy sauce or fish sauce

directions

- Sauté onion and garlic in oil until soft.
- Stir in curry paste, cumin, cinnamon, and peanut butter powder.
- Add coconut milk, potatoes, carrots, and bell pepper. Simmer for 20–25 minutes until vegetables are tender.
- Stir in soy sauce and simmer for 5 more minutes.
- Serve hot with brown rice or quinoa if desired.
- *Optional: tofu, chickpeas, or lean chicken for protein*

nutrition

Servings: 4
Calories per serving: 283
Fat: 8g
Carbs: 40g
Protein: 8g

