



Vegetables Green Curry Kari Hijau Sayuran

Preparation Time : 10 mins
 Cooking Time : 25 mins
 Serving Size : 4-6 pax

Ingredients

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|---------|---------------------------------------|-----------|--|
| 1 cup | Dhal | 1 cup | Broccoli, cut into florets |
| 2½ cups | Water | 1 no | Eggplant, sliced |
| 1 no | Carrot, cut into 1 inch sticks | 8 nos | Cherry tomatoes |
| 2 cups | Cubed pumpkin | 8 strands | Long beans, sliced into 1½ inches length |
| 3 tbsp | Green curry paste | 2 nos | Kaffir lime leaves, torn |
| ½ can | F&N Evaporated Filled Milk | ¼ cup | Sweet basil leaves |
| 1 cup | Cauliflower, cut into florets | 6 nos | Bird's eye chillies, sliced diagonally |
| 1 tbsp | Fish sauce | | |
| 1 tbsp | Palm sugar | | |

Preparation Methods

1. Boil the dhal in the water until it's tender
2. Put in the carrots and pumpkin and allow them to boil until both are cooked
3. Add in green curry paste and stir
4. Stir in the **F&N Evaporated Filled Milk** and simmer
5. Add in the cauliflower and cook briefly
6. Season with fish sauce and palm sugar
7. Put in the broccoli, eggplant, cherry tomatoes & long beans
8. Finally, add the kaffir lime leaves, sweet basil leaves and bird's eye's chillies. Give a final stir
9. Best serve with roti canai.

Masa Penyediaan : 10 minit
 Masa Masakan : 25 minit
 Saiz Hidangan : 4-6 sajian

Bahan-Bahan

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|----------|--|-----------|--|
| 1 cawan | Kacang dhal | 1 cup | Brokoli |
| 2½ cawan | Air | 1 no | Terung panjang, dipotong serong |
| 1 no | Lobak merah, dipotong 1 inci memanjang | 8 nos | Tomato Ceri |
| 2 cawan | Labu, dipotong dadu | 8 tangkai | Kacang panjang, dipotong 1½ inci panjang |
| 3 sb | Pes kari hijau | 2 keping | Daun limau perut, dikoyakkan |
| ½ tin | Susu Isian Sejat F&N | 6 nos | Cili padi, dihiris serong |
| 1 cawan | Bunga kobis | ¼ cawan | Daun selasih |
| 1 sb | Sos ikan | | |
| 1 sb | Gula melaka | | |

Cara Penyediaan

1. Rebuskan kacang dhal sehingga lembut
2. Masukkan lobak merah dan labu kemudian masak lagi sehingga empuk
3. Masukkan pes kari hijau dan gaul rata
4. Tuangkan **Susu Isian Sejat F&N** ke dalamnya dan masak di atas api kecil
5. Masukkan kobis bunga dan masak seketika
6. Perasakan dengan sos ikan dan gula melaka
7. Masukkan brokoli, terung, tomato ceri dan kacang panjang
8. Akhir sekali, masukkan daun limau perut dan cili padi.
9. Sendukkan Kari Hijau Sayuran ke dalam mangkuk & hidangkan bersama roti canai.

