VIETNAMESE · DINNER

Cà Ri Chay (Vietnamese Vegetable Curry)

45 min · Serves 4 · 385 kcal a serve · Video 3:29 · RunAwayRice

Vegan · No nuts listed

A meat-free curry packed with potato, sweet potato, carrot, celery and red pepper: about 10 g fibre a serve, loaded with vitamins A and C, and only a teaspoon of sugar in the pot.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

Scan for the video, full nutrition and more free recipes

Ingredients 16 · SERVES 4

- [ ] ½ tbsp **vegetable oil**
- [ ] ½ medium **yellow onion**, cut into chunks
- [ ] 1 **lemongrass** stalk, cut in half and lightly smashed (for infusing)
- [ ] 2 tbsp **curry powder**
- [ ] 3 medium **Yukon Gold potatoes**, peeled and cut into chunks
- [ ] 2 medium **sweet potatoes**, peeled and cut into chunks
- [ ] 4 cups **vegetable stock**
- [ ] 3 **bay leaves**
- [ ] 2 large **celery** stalks, cut into chunks
- [ ] 2 medium **carrots**, cut into chunks
- [ ] 1 medium **red bell pepper**, cut into chunks
- [ ] ⅔ cup **coconut milk**
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tsp **sugar**
- [ ] 2 tbsp **cornstarch**
- [ ] 3 tbsp **water**, for the cornstarch

Allergens found in the listed ingredients: Gluten, Soy, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a large pot over medium-high heat. Stir-fry the onion and smashed lemongrass for 15 seconds, add the curry powder and stir 15 seconds more. 1:42
2. Add the potatoes and sweet potatoes, pour in the vegetable stock and add the bay leaves. Cover and bring to the boil, stir, then cook covered on low for 10 minutes. 1:57
3. Add the celery, carrots and red pepper, then the coconut milk, soy sauce and sugar. Stir well, cover and cook over medium heat for 10 minutes until everything is tender. 2:17
4. For a thicker curry, mix the cornstarch with the water, stir it in gently and cook 3–4 minutes until the sauce thickens. Serve hot. 2:36

> **Tip** Serve with a baguette, rice or rice noodles. Add cubed firm tofu for extra protein. The lemongrass pieces and bay leaves are for flavour; pick them out before eating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
385 kcal	8.8 g	66 g
1,610 kJ	18% of a day	55 g net · 14 g sugars
		24% of a day

FIBRE	FAT	SODIUM
11 g	12 g	920 mg
38% of a day	7.8 g saturated	40% of a day
	15% of a day	

Energy from net carbs 60% · protein 10% · fat 30%

High in (20%+ of a day) Vitamin A 146% · Vitamin C 94% · Vitamin B6 54% · Potassium 35% · Iron 27% · Magnesium 26% · Folate 23%

Source of (10–19%) Vitamin E 19% · Vitamin K 19% · Zinc 14% · Omega-3 14% · Calcium 10%

Recipe and video: RunAwayRice (@RunAwayRice) on YouTube — youtube.com/watch?v=iUZPjvO6cRk, published 16 June 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ca-ri-chay-vietnamese-vegetable-curry