

COCONUT RICE

4 servings

- 1 Cup basmati rice (uncooked)
 - 2/3 can of coconut milk
 - 5/6 cup of water or coconut water
 - 2 teaspoons coconut oil
 - 1/3 t salt
 - 2 t honey or sugar
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- Combine all ingredients in a medium sized saucepan
 - Bring to boil over medium high heat. Stir, then immediately reduce heat to medium-low. Cover and cook for 12 min or time on rice pkg.

Thai Yam and Coconut Curry

Yeilds 4 servings

- 1 diced small onion
 - 1 diced red pepper
 - 2 t – 1 T red curry paste
 - 1 T minced garlic
 - 1 T minced ginger
 - 3 T lemongrass paste : Saute all of above till soft
- ADD
- 1/2 bunch chopped cilantro
 - 1 lime zest and juice
 - 1 T soya sauce
 - 1/4 cup toasted coconut (optional)
 - 2 cans coconut milk
 - 1 – 2 cups Vegi stock
 - 1 sm can pumpkin puree
- ADD
- 2 lg Yam roasted and cubed