Thai Lamb and Vegetables

Ingredients

1.5 lb boneless-skinless leg of lamb, cut into bite-sized pieces

2 T red curry paste

1 yellow onion, medium dice

1 lb sweet potato, medium dice

1 lb green beans, trimmed

3 zucchini

1 piece of ginger, minced

2 T lime juice

1 can coconut milk

½ bunch minced cilantro

1 C brown rice

2.5 C water for rice

Procedure

1) Start cooking the rice as normal

2) marinate the lamb with 1 T of the curry paste for about 20 minutes

3) Prep the vegetables while the lamb is marinating, then cook the lamb in batches in the saute pan and set aside in large bowl until vegetables are done.

4) Deglaze the saute pan with coconut milk, then add the 2nd T of red curry paste,all the vegetables and the lime juice to the pan, bringing them to a simmer and cook until the vegetables are al dente.

5) Once the vegetables are done add to the lamb, then add the rice when done, check seasoning, portion out and serve