



PAK CHOI CURRY

Recipe from Knorr Future 50 Foods Cookbook

Serves 2-3 – Easy – 30 minutes



- 300g pak-choi (Chinese cabbage)
- 1 red pepper
- 200g Oyster mushrooms
- 1 tbsp vegetable oil
- 200ml coconut milk, reduced fat
- 250ml water
- 2 tsp Knorr Reduced Sugar Vegetable Granules
- 2 tbsp curry spice seasoning
- 140g pineapple, fresh or from a tin
- 3 tbsp sesame seeds



Method

1. Wash pak-choi, cut the stalks into 1cm wide strips, cut leaves into wider strips. Clean peppers and oyster mushrooms and cut into strips
2. Fry pak-choi stalks and peppers in a pan with hot oil. Add oyster mushrooms and fry. Add pak-choi leaves and fry briefly. Remove vegetables from the pan
3. Pour coconut milk and 250ml of water into the pan. Add Knorr Reduced Salt Vegetables Granules and curry spice seasoning and bring to a boil while stirring. Cook for a few minutes over medium heat.
4. Add pineapple pieces and vegetables and heat briefly in the sauce.
5. Serve sprinkled with sesame seeds.



Greenhouse Gasses

Total overall recipe 2.29kg CO2e

Total per serving 763.33g CO2e

Per serving equivalent to driving 2.56 miles in an average UK petrol car

