

Grilled Panang Vegetables

Vegetables on the grill is one of the more sensible trends in cooking!



Yield: 4 Servings

INGREDIENTS

- 1/2 cup olive oil
- 1 packet Panang Curry Paste
- 1/2 cup fresh basil leaves, packed loosely
- 1 teaspoon salt
- 1 medium red bell pepper, quartered
- 2 medium zucchini, cut lengthwise
- 1 large onion, cut in thick slices
- 1 medium eggplant, sliced

DIRECTIONS

1. In a small saucepan, heat oil on medium heat.
2. Add Panang Curry Paste, basil and salt. Stir until curry is dissolved.
3. In a large bowl place red bell pepper, zucchini, onion and eggplant.
4. Pour curry mixture over vegetables.
5. Toss vegetables to coat evenly.
6. Cook directly on grill or wrap and seal in foil and place on grill.
7. Cook for about 15 minutes.
8. Check vegetables for tenderness.
9. Serve immediately or chill and add to your favorite salad greens.

Stir Fry Zesty Vegetables



Yield: 4 Servings

INGREDIENTS

1 tablespoon vegetable oil
1 tablespoon chopped garlic
2 cups broccoli florets
4 carrots, peeled and julienned
1 large red bell pepper, sliced
1 packet Pad Thai Sauce
2 cups bean sprouts

DIRECTIONS

1. In wok, heat oil.
2. Add garlic. Cook for 30 seconds.
3. Add broccoli. Stir fry 1 minute.
4. Add carrots and red bell pepper. Stir fry 2 minutes.
5. Add Pad Thai Sauce. Stir together well. Continue cooking 1 minute more.
6. Stir in bean sprouts.
7. Serve immediately.

Thai Corn Fritters

Try our Sweet Red Chili Sauce for dipping



Yield: 10 fritters

Time: 10 minutes to assemble
10 minutes to fry
Total time: 20 minutes

INGREDIENTS

3 scallions (green onions)
2 teaspoons Red Curry Paste
1 large egg
1-15 oz can corn, drained
2 teaspoons soy sauce
1/4 cup all-purpose flour
2 tablespoons vegetable oil

TOOLS & EQUIPMENT

A large skillet, preferably non-stick

DIRECTIONS

1. Finely chop the scallions.
2. In a large glass mixing bowl, warm the Curry Paste in microwave on high power for 5 seconds, to soften it.
3. Whisk in egg, breaking up any lumps of the Curry Paste.
4. Add the chopped scallions, drained corn, soy sauce and flour. Mix until just blended.
5. Heat oil in skillet over medium-high heat. Using two spoons, drop small mounds (about 3 tablespoons) of fritter batter into the hot skillet. Use back of spoon to flatten fritters.
6. Drain the fritters on paper towels. Repeat with remaining batter.
7. Serve with a sweet dipping sauce, such as our Sweet Red Chili Sauce.

Cook a few at a time so oil stays hot. Cook about three minutes on each side, or until golden.

Coat and Bake Tofu

Use the firmest tofu you can find for this recipe.



Yield: 4 Servings

INGREDIENTS

- 1 lb firm tofu
- 1 packet Peanut Sauce Mix, both inner envelopes

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Cut tofu into 4 equal portions.
3. Coat on all sides with Peanut Sauce Mix.
4. Bake on cooking sheet until heated through, about 20 minutes.

Zesty Black Bean Rice

This flavor packed recipe is back by popular demand! It makes a complete meal for your vegetarian friends.



Yield: 8 cups

Time: 25 minutes

INGREDIENTS

- 1 box Coconut Ginger Rice
- 1/2 cup raisins
- 2 tablespoons vegetable oil
- 1 large carrot, chopped
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 1 tablespoon chopped fresh ginger
- 1/2 pound snow peas, trimmed
- 1-15 oz can black beans, rinsed and drained
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped cilantro

DIRECTIONS

1. Prepare rice according to package directions. When done, stir in raisins. Cover and set aside to stay warm.
2. Meanwhile heat oil in a large skillet. Add carrot, onion, red bell pepper and ginger. Stir fry until slightly soft, about 2 minutes. Add snow peas and stir fry until snow peas turn bright green, about 30 seconds.
3. Add black beans, cooked rice, sugar, salt, lime juice and cilantro. Mix together until heated through and serve.