



Shopping List

Thai Beef & Vegetable Curry

SPICES

1 tablespoon palm sugar (brown sugar may be substituted)

GROCERY

1 lb. rice noodles

1 can coconut milk

2 tablespoons red curry paste

1 tablespoon fish sauce (or salt to taste)

PRODUCE

1 bell pepper

1 onion

1 eggplant

3 tablespoons fresh basil - preferably Thai basil

MEAT

1 lb. food .eez beef tips