



Makes 7 cups
Preparation Time: 35 minutes

INGREDIENTS:

3 cups coarsely chopped cauliflower

1 cup chopped onion

1 tablespoon minced garlic

2 teaspoons grated fresh ginger

3 cups unsweetened, unflavored plant-based milk

3 tablespoons Thai red curry paste

1 fresh Thai chile, thinly sliced

1 teaspoon ground cumin

4 cups coarsely chopped fresh collard greens

1 12-oz. sweet potato, peeled

1 cup frozen peas

1 tablespoon cornstarch

2 tablespoons lime juice

½ teaspoon freshly ground black pepper

4 cups cooked brown rice

¼ cup chopped fresh cilantro

2 tablespoons chopped raw cashews

Lime wedges

Red Curry Sweet Potato Noodles with Collards

You don't need a spiralizer to make the colorful sweet potato "noodles" featured in this inventive dish—not to mention, the ribbon-style strands cook more evenly than spiralized ones, too. Once your "noodles" are prepped, the saucy base is flavored with fragrant [ginger](#), garlic, [Thai](#) red curry paste, cumin, and a fresh Thai chile to bring the heat. Collard greens add nutrient-dense goodness, fresh peas deliver bursts of subtle sweetness, and chopped cauliflower ensures there's an extra dose of veggies in every bite. Serve a heaping ladle-full of this scrumptious curry over brown rice, and top it with cilantro, cashews, and a squeeze of lime juice to bring all the flavors together. Enjoy!

For more inspiration, check out these tasty recipes:

- [Khow Suey \(Burmese Curry Noodle Soup\)](#)
- [Thai Green Curry Chickpeas with Spinach](#)
- [Easy Turmeric Eggplant Curry](#)
- Or take a look at our full [collection of curry recipes](#)

By Nancy Macklin, RDN

- 1** In a Dutch oven cook cauliflower, onion, garlic, and ginger over medium 3 to 4 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2** Add milk, curry paste, Thai chile, and cumin. Bring to boiling. Stir in collard greens. Cover and reduce heat. Simmer 10 to 15 minutes or until greens are tender.
- 3** Meanwhile, cut sweet potato lengthwise into 1-inch-wide planks. Using a vegetable peeler, shave flat 1-inch-wide noodles lengthwise from planks.
- 4** Add sweet potato noodles and peas to the Dutch oven. Cook 2 to 3 minutes or until just tender. In a small bowl stir together cornstarch and 1 tablespoon water. Stir into the curry mixture; cook 1 minute or until slightly thickened. Remove from heat, and stir in lime juice and black pepper.
- 5** Serve curry over rice. Sprinkle with cilantro and cashews, and serve with lime wedges.