



Golden Coconut Sweet Potato Curry Noodles

Thailand | Cooking

Spotlight: California sweet potatoes

Thai cooking is all about balance — a little sweet, a little salty, a little sour, all at once. We simmer a gentle golden curry with sweet potatoes and coconut milk, then ladle it over silky rice noodles.



Ingredients (makes 8–14 portions)

- 8–12 oz wide rice noodles
- 2–3 sweet potatoes
- 1–2 cans coconut milk
- 1–2 Tbsp mild yellow curry paste
- 1–1 1/2 cups vegetable broth
- 1–1 1/2 cups green beans or frozen peas
- 1–1 1/2 Tbsp soy sauce
- 1–2 tsp brown sugar
- 2–3 limes
- 1 bunch fresh basil
- 2 Tbsp cooking oil
- 1 tsp salt

Steps

1. An adult cooks the rice noodles, then rinses them under cold water and tosses them with a teaspoon of oil so they stay separate.
2. Whisk the curry paste into the coconut milk until it turns sunny yellow — that is the turmeric waking up in the fat.
3. Add the diced sweet potatoes and broth, then simmer 12–14 minutes until fork-tender.
4. Stir in the green beans, soy sauce and brown sugar and simmer 3 minutes more.
5. Taste as a team: does it need lime? Salt? Real chefs taste and adjust.
6. Twirl the noodles into nests in bowls and an adult ladles the golden curry over. Top with torn basil and a squeeze of lime.

Substitutions: Gluten-free: tamari in place of soy sauce — rice noodles are naturally gluten-free. Dairy-free and egg-free: naturally both.

Cooking this at home: For a family of four, use about 3 oz rice noodles, 1 sweet potato, half a can of coconut milk, and 1 tsp curry paste. Step five is the real lesson — let your Food Explorer taste and decide what it needs.