

# TONZU

PLANT-BASED WHOLEFOODS

## Sumptuous Red Curry with Sweet Thai Chilli Marinated Tofu

Serves 4 people

This Thai red curry with tofu is spicy, sweet, salty and bursting with aromatic flavours. It's made with stacks of your favourite veggies, juicy sweet chilli tofu, and coconut cream, it can be served on a lovely bed of jasmine brown rice or a combo of rice and quinoa is also wonderful.

**Difficulty Level:** Easy

**Prep Time:** 5-10 minutes

**Cook Time:** 35 minutes

**Total Time:** 40-45 minutes



### INGREDIENTS

- 800g (2 packs) TONZU Marinated Tofu Cubes
- Sweet Thai Chilli
- 2-3 tbsp coconut oil or olive oil
- 1 white onion, diced
- 1 large purple kumara, peeled and diced
- 1-2 tbsp quality red Thai curry paste (more or less depending on your taste preference)
- 400ml can quality coconut cream
- 1-2 cups water
- 1 tbsp tamari sauce
- 1 tbsp coconut sugar
- 1 lime, zest & juice
- 1 tsp salt
- 1 red capsicum, thumb sized chunks
- 1 bunch green beans, topped, tailed and cut into approximately 1 inch
- 2-3 courgette, sliced on diagonal
- 3-4 spring onions, white & greens sliced on diagonal
- ½ - 1 cup of coriander, roughly chopped
- 3-4 cups cooked brown basmati rice, other rice of your choice or rice/quinoa mix

### HOW TO MAKE

1. In a large saucepan, place 2 – 3 Tbsp of oil and warm ready for sautéing your onion. Cook onions for a few minutes and then turn the heat down to medium and add the red curry paste and stir through coating the onion allowing the spices to emit and infuse the oil and onion.
2. Add the potato adding a little more oil if needed to ensure the paste doesn't stick to the bottom. After a few minutes add the full can of coconut cream with the equivalent of water. Mix everything together gently.
3. Add the tamari, lime zest and juice, sugar, salt and bring to a gentle simmer. Allow to simmer while you cook the tofu.
4. In a separate fry pan add a little oil and warm through. Put the Sweet Thai Chilli marinated tofu and any extra sauce from the packet into the pan and gently stir fry turning every 5 or 6 minutes to avoid burning and cook gently on a low - medium heat until they are golden and caramelized.
5. Place the green beans, courgette and capsicum into the curry and simmer for 5 mins or so.
6. Add the cooked marinated tofu into the curry and stir through gently.
7. Prepare the rice in bowls, stir the fresh coriander and spring onions through the curry (or use as a garnish if you prefer) and serve immediately onto the bed of rice. Enjoy this delicious, warming, exotic meal.

NB You can change up the vegetables in the curry to your liking eg other great choices are broccoli, cauliflower, Brussel sprouts, snow peas etc.