

Red Thai Tofu Curry

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This medium-hot curry is a great dish to prepare for vegetarians - the tofu acts like a sponge and soaks up flavour, and the coconut milk mellows everything out into a slightly sweet yet still spicy curry. Delicious!

Ingredients:

1 onion
2 tbsp. red Thai curry paste
400ml coconut milk
100g each of baby corn, broccoli florets and green beans
350g firm tofu
1 tbsp. soy sauce
1 tbsp. oil
Small handful freshly chopped coriander

Directions:

1. Thinly slice the onion. Cut the tofu into cubes. Cut the top and bottoms from the green beans, chop the broccoli into florets and if the baby corn is particularly large, slice in half.
2. Heat the oil in a frying pan and add the onion. Cook until the onion is soft, then add the curry paste. Stir and cook until fragrant, then add the coconut milk.
3. Once simmering, add the baby corn, broccoli florets, green beans and tofu. Stir in the soy sauce. Simmer for 5-6 minutes.
4. To serve, stir in the coriander.

Author: Laura Young