

Thai Red Vegetable Curry With Tofu

My favourite curry dishes.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 30 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Curry paste, red	1 tablespoon
Coconut milk, plain or original, not fortified, typically used in cooking	1.5 cup
Vegetable broth, bouillon or consommé	0.5 cup
Tamari sauce	2 tablespoons
Maple syrup	1 tablespoon
Lime juice, fresh	1 each - juice from one lime
Ginger root, raw	1 tablespoon
Garlic, fresh	3 cloves
Coconut oil	1 teaspoon
Olive oil	1 tablespoon
Tofu, raw (not silken), cooked, firm	0.5 block - 7" x 1 9/16" x 1 5/8"
Salt, sea salt	0.25 teaspoon
Garlic, powder	2 teaspoons
Onion powder	1 teaspoon
Turmeric, ground	1 teaspoon
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Red bell peppers, cooked	1 medium - 2 1/2" diameter x 2 3/4"
Water	0.25 cup
Chinese cabbage, pak-choi, cooked	3 cups
White rice, steamed	1 cup
Cilantro (raw)	1 ounce

Instructions

Curry Sauce:

1. Heat 1 tbsp of coconut oil in cast iron skillet over medium heat. Add minced ginger and garlic and sauté for about 3 minutes. Stir in 1 tbsp red curry paste. Add 1 can coconut milk, 1/2 cup vegetable broth, 2 tbsp tamari, 1 tbsp maple syrup and juice of one lime. Bring to boil then reduce heat and simmer for 10 minutes.

Start preparing rice as per instructions on package in small to medium pot or rice cooker. Alternatively use rice noodles or quinoa.

Tofu Cubes:

1. Press tofu for about 20 minutes. To press tofu, remove from package, drain and wrap in paper towel or a clean dish cloth. Place the wrapped tofu in a dish or tray and press with a heavy item such a book on top.

2. Cut half a block of tofu into 1" cubes. The remaining half can be stored in the fridge for later use. It can be stored in the fridge for up to 3 days.

3. Place tofu cubes in a bowl along with olive oil, sea salt, garlic and onion powder and turmeric powder. Mix gently to combine.

4. In a separate cast iron pan, cook tofu over medium heat until crispy on one side, about 4 minutes, then turn to the other side for another 4 minutes or until slightly brown and crisp. Turn each cube one at a time for even cooking.

Vegetables:

1. In a wok or pan heat a small amount of coconut oil, about 1 tsp. Add onions and peppers and sauté for about 3 minutes over medium heat. Add more oil as needed.

2. Add Bok choy, about 4 small baby Bok choy cut in half, also known as Chinese cabbage, to the wok. Add about 1/4 cup water to the wok. Turn heat to medium-low and cook vegetables covered for about 5 -8 minutes or until desired doneness is achieved.

Add vegetables to curry sauce and gently mix well. Serve with rice and top with tofu cubes and cilantro.