



Thai Green  
Tofu Curry





Are you looking for a sweet, salty, creamy, aromatic vegan thai curry? This is the recipe for you!

Combining the warm spicy Essential thai green spices with the creamy coconut milk and fresh vegetables. An ideal dish for a weeknight dinner or a weekend gathering.

1. Preheat your oven to 200°C (180°C fan) or gas mark 6.

2. Combine the ingredients for the curry paste in a food processor and blend until smooth.

3. Place the tofu cubes and chopped peppers on a baking tray lined with parchment paper. Drizzle over coconut oil with a sprinkle of the thai green curry powder. Cooked these in the pre-heated oven for 15 mins until the edges of the tofu are slightly browned.

4. Heat the coconut oil in a large frying pan over medium heat. Add the paste to the hot oil and cook for about 5 minutes, continuously stirring.

5. Slowly pour and stir half the tin of coconut milk, to create a thick sauce. Then add the rest of the tin and reduce the heat to a low heat.

6. Add the tofu and pepers to the curry sauce. Let the mixture come to a simmer on a medium to low heat. Allow it to cook for about 5 minutes, stirring occasionally.

Prep 10 mins  
Cook 30 mins  
Serves 3 - 4 people

#### Green Curry Paste Ingredients

- 1 heaped tablespoon Essential thai green curry powder
- ½ onion – finely chopped
- 3 cloves garlic
- 1 teaspoon ginger paste
- 200g Essential creamed coconut cut into slices so it's easy to blend
- 150ml hot water
- 1 green chilli
- 3 teaspoons white miso paste
- 2 stalks of lemongrass, soft inner part chopped roughly
- 1 tablespoons lime juice
- Big bunch of coriander stalks (use the leaves to serve)
- 1 teaspoon Essential tamari soya sauce

#### Main Ingredients

- 1 400g Essential coconut milk
- 1 red bell pepper – chopped
- 1 large carrot – chopped
- 100g tenderstem broccoli
- 50g baby corn
- 50g sugarsnap peas
- 1 medium red chilli – optional
- 2 dried red bird's eye chillis
- Small bunch coriander leaf finely chopped
- 225g smoked firm tofu bitesize cubes
- Dried lime leaves

#### Garnish

- Chili flakes
- Thai basil
- 1 diced spring onion

7. Steam the tenderstem broccoli, baby corn and carrots for 4 minutes.

8. Stir in the vegetables, with the fresh sugarsnaps to the curry sauce. Adjust the seasoning with salt and pepper to taste. Let the mixture cook for another 1-2 minutes, add more lime juice if needed.

9. Serve with rice or noodles of your choice. Garnish with a slice of lime chilli flakes, fresh chilli, thai basil leaves or coriander.

