



Prep 10 mins Cook 35mins Serves 3 - 4 people

## **Red Curry Paste Ingredients**

- 1 heaped tablespoon Essential thai red curry powder
- $\frac{1}{2}$  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 red chilli
- 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 aubergine chopped into cubes
- 225g smoked firm tofu bitesize cubes
- 1 medium red chilli optional
- 2 dried red bird's eye chillis
- 4 dried lime leaves
- Small bunch that basil leaf finely chopped

## Why not try an alternative easy not so green and healthy red thai curry with roasted caramelised aubergine, tofu and sesame seeds.

- 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. Strain the chickpeas and pour half of the tin onto a baking tray lined with parchment paper. Place the tofu and aubergine on the tray too. Drizzle over coconut oil with a sprinkle of the thai red curry powder and seseame seeds.
- Cooked these in the pre-heated oven for 20 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 2 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, reduce the heat to a low heat and simmer for a for further 3 minutes.
- 6. Add the chillis, lime leaves and basil. Stir in your caramelised tofu, aubergine, chickpeas and the remaining chickpeas in the tin to the curry sauce. Let the mixture come to a simmer on a medium to low heat. Allow it to cook for about 10 minutes, stirring occasionally.
- 8. Adjust the seasoning with salt and pepper to taste, until it's golden, glossy with a silky smooth consistency.
- 9. Serve with fluffy rice.