



Thai Tofu Curry

by Noony Santos Paletta, RD

I have been making a slightly different version of this curry using chicken for years. I simply followed the suggested recipe on the back of the jar of curry paste. When my daughter became vegetarian I substituted the chicken with tofu. I found that the recipe needed spicing up to enhance the flavour of the otherwise bland tofu. I keep pre-minced ginger in a jar in my fridge for this and other Asian inspired dishes. Feel free to substitute other vegetables to please your crowd. Serve over basmati rice.

1 tbsp	coconut or other vegetable oil
2	clove garlic, minced
1/2	onion, diced
1 tbsp	minced ginger
2-3	medium carrots, julienned
1 can	coconut milk
1 - 2 tbsp	red curry paste
1 tbsp	fish sauce (low sodium, if needed)
1 tbsp	brown sugar
2 tsp (or to taste)	siracha sauce
1 can	bamboo shoots
1 package	extra firm tofu, cut to bite-size pieces
2 -3 handfuls	washed spinach leaves

1. Heat coconut or vegetable oil on medium heat.
2. Add garlic and onions and cook until onions are translucent (about 5 minutes).

3. *Add ginger, saute for a minute.*
4. *Add carrots and cook for about 5 minutes.*
5. *Add coconut milk. Turn down heat to simmer.*
6. *Add curry paste, fish sauce, brown sugar, and siracha sauce. Mix well.*
7. *Add bamboo shoots and tofu. Cook until tofu is heated through.*
8. *Add spinach 3 - 5 minutes before serving depending on how wilted you like your spinach.*

Serve with extra siracha sauce on the side.