

Veggie Thai red curry

By Good Food

RECIPE

A taste bursting meal ready in under an hour and is low in calories!!

Ingredients

200g firm tofu, cubed
4-5 tbsp soy sauce
juice 3 limes
2 red chillies
, 1 finely chopped, 1 sliced into rounds
2 tbsp vegetable oil
400ml can reduced-fat coconut milk
1 courgette
, chopped into chunks
1 small aubergine
, chopped into chunks
½ red pepper, deseeded and chopped into chunks
140g mushrooms
, halved
140g sugar snap pea
20g pack basil
, leaves picked
1 tsp brown sugar
jasmine rice
, to serve



For the paste

3 red chillies
1 lemongrass, roughly chopped
3 shallots
, roughly chopped
½ red pepper, deseeded and roughly chopped
zest 1 lime
stalks from 20g pack coriander
thumb-size piece ginger
, grated
2 garlic cloves
1 tsp freshly ground pepper
1 tsp ground coriander

Method

1. Whizz the paste ingredients in a food processor. Marinate the tofu in 2 tbsp soy sauce, juice 1 lime and the chopped chilli.
2. Heat half the oil in a large pan. Add 3-4 tbsp paste and fry for 2 mins. Stir in the coconut milk with 100ml water, the courgette, aubergine and pepper and cook for 10 mins until almost tender.
3. Drain the tofu, pat dry, then fry in the remaining oil in a small pan until golden.
4. Add the mushrooms, sugar snaps and most of the basil to the curry, then season with the sugar, remaining lime juice and soy sauce. Cook for 4 mins until the mushrooms are tender, then add the tofu and heat through. Scatter with sliced chilli and basil and serve with jasmine rice.