Eat Within 4 Days

UCOOK

Thai Red Curry Risotto

with crispy tofu & pumpkin seeds

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	527kJ	2793kJ
Energy	126kcal	668kcal
Protein	3.7g	19.8g
Carbs	18g	95g
of which sugars	2.4g	12.6g
Fibre	1.5g	8.1g
Fat	3.8g	20.3g
of which saturated	2.2g	11.8g
Sodium	301mg	1596mg

Allergens: Sulphites, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
22.5ml	30ml	Spice & All Things Nice Thai Red Curry Paste
2	2	Vegetable Stock Sachet
300ml	400ml	Coconut Milk
300ml	400ml	Risotto Rice
2	2	Onions *peel & finely dice 1½ [2]*
15ml	20ml	Rice Wine Vinegar
150g	200g	Spinach *rinse*
330g	440g	Non-GMO Tofu
45ml	60ml	Tofu Rub *30ml [40ml] Cornflour, 15ml [20ml] NOMU Does Everything*
8g	10g	Fresh Parsley *rinse, pick & roughly chop*
15g	20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. CREAMY COCONUT STOCK In a pan, whisk together ½ the curry paste, 1½ [all] stock, coconut milk and 1.1L [1.3L] of water. Heat up until simmering and everything is combined.

2. READY THE RISOTTO Place a pot for the risotto over medium heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the other ½ of the curry paste and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the rice wine vinegar and simmer until almost evaporated, 1-2 minutes. Add a ladleful of the coconut milk mixture and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of coconut stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 30-35 minutes. In the last 5 minutes, add the spinach and allow it to cook until wilted. Remove from the heat and season. Loosen with a splash of warm water if too thick.

3. GOLDEN TOFU While the risotto is cooking, drain the tofu and cut into bite-sized chunks. Place a pan over medium-high heat with a drizzle of oil. Coat the cubes in the tofu rub. When hot, fry the tofu until golden and crispy, 6-8 minutes per side. Remove from the pan and season.

4. SERVE & SAVOUR Bowl up your risotto, top with the crispy tofu, parsley and pumpkin seeds. Enjoy, Chef!

Chef's Tip Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.