



UCOOK

Ravishing Thai Red Curry

with cashews, carrot, spinach & crispy tofu

Don't let eating consciously stop you from enjoying terrific textures and flirtatious flavours. This veggie-brimmed vegan Thai curry also comes with the enticing twist of using oat milk as the base of its gorgeously glossy sauce! Did we mention it's oh-so-simple? You won't regret trying it!


Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha Finnegan

 Vegetarian

 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

150ml	Brown Basmati Rice
20g	Cashew Nuts
1	Red Onion <i>peeled & finely sliced</i>
240g	Carrot <i>rinsed, trimmed & cut into thin half-moons</i>
30ml	Spice & All Things Nice Thai Red Curry Paste
400ml	Oat Milk
10ml	Vegetable Stock
10ml	Tapioca Flour
220g	Non-GMO Tofu <i>drained & cut into 2cm thick cubes</i>
100g	Spinach <i>rinsed & roughly shredded</i>
1	Fresh Chilli <i>deseeded & thinly sliced</i>
5g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. READY. SET. RICE! Rinse the rice and place in a pot over a medium-high heat. Submerge in 500ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. JUST NUTTY Place the cashews in a second pot over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle.

3. THE CURRY IS A GO! Return the pot to a medium-high heat with a drizzle of oil. When hot, fry the sliced onion and carrot half-moons for 5-6 minutes until softened, shifting regularly. Add the curry paste to taste and fry for 30-60 seconds until fragrant, shifting constantly. Pour in the oat milk and gradually mix in the stock and tapioca flour until incorporated into the liquid. Bring to a simmer and cook for 4-5 minutes until slightly reduced, stirring occasionally.

4. TASTY TOFU Pat the tofu cubes dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the tofu for 2-3 minutes on each side until crispy and golden all over. Remove from the pan on completion.

5. FINISH LINE IN SIGHT When the curry sauce has reduced, stir through the shredded spinach and cook for 2-3 minutes until wilted. Remove from the heat on completion and stir through $\frac{3}{4}$ of the tofu. Season with salt, pepper, and a sweetener of choice.

6. OH THOSE AROMAS! Spoon some fragrant Thai red curry over a bed of basmati. Top with the remaining crispy tofu and sprinkle over the sliced chilli to taste. Garnish with the chopped coriander and the chopped, toasted cashews. Well done, Chef!



Chef's Tip

Fry the tofu in batches if necessary to avoid overcrowding the pan, or you could end up with mushy tofu! For the tastiest results, fry all sides of the tofu cubes – it'll be worth the extra time!

Nutritional Information

Per 100g

Energy	353kj
Energy	143Kcal
Protein	3.7g
Carbs	15g
of which sugars	2.7g
Fibre	2.2g
Fat	2.5g
of which saturated	0.3g
Sodium	248mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days