



# U C O O K

— COOKING MADE EASY

## Tantalising Thai Red Curry

with cashews, carrot, spinach & crispy tofu

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

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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 **Vegetarian**

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## Ingredients & Prep

75ml	Brown Basmati Rice
10g	Cashew Nuts
1	Red Onion <i>one half peeled &amp; finely sliced</i>
120g	Carrot <i>rinsed, trimmed &amp; cut into thin half-moons</i>
15ml	Thai Red Curry Paste
200ml	Oat Milk
5ml	Vegetable Stock
5ml	Tapioca Flour
110g	Tofu <i>drained &amp; cut into 2cm thick cubes</i>
50g	Spinach <i>rinsed &amp; roughly shredded</i>
1	Fresh Chilli <i>deseeded &amp; thinly sliced</i>
3g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. NUTRITIOUS BASMATI** Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml 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. WHILE THE RICE IS BOILING...** 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 4-5 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 whisk 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. WHILE THE CURRY IS SIMMERING...** Fry that tofu! Pat the tofu cubes dry with 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 THE CURRY** 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 three-quarters of the tofu. Season to taste with salt, pepper, and a sweetener of choice.

**6. BREATHE IN 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 instead of crispy tofu! For the tastiest results, fry all sides of the tofu cubes — it'll be worth the extra time!

## Nutritional Information

Per 100g

Energy	358kJ
Energy	145Kcal
Protein	3.7g
Carbs	15g
of which sugars	2.6g
Fibre	2.2g
Fat	2.5g
of which saturated	0.3g
Sodium	270mg

## Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook  
within  
4 Days