

## Red Tofu Thai Curry

28 Sep 2020 15 Min



### Details

Red Tofu Thai Curry is a tasty, delicious Thai recipe and is a easy to make at home. This recipe is loaded with Protein.

### Ingredients



1/2 Diced Cup(46.0 gm) Tofu



1 Tsp(3.0 ml) Oil



1/8 Tsp(0.54 gm) Salt



1/8 Julienne Cup(13.0 gm) Capsicum



1/8 Julienne Cup(14.0 gm) Onion



1/4 Powder Tsp(0.75 gm) Black Pepper



1 Tbsp(18.0 gm) Red Thai Curry Paste



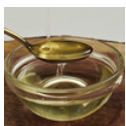
1 Chopped Tbsp(8.0 gm) Garlic



3 Number(0.63 gm) Basil Leaves



1/2 Cup(71.0 ml) Coconut Milk



1/2 Tsp(2.0 ml) Oil

### Method (Step-By-Step)

#### • For Fried Tofu

Heat 1/2 tsp oil in a pan add 1/4th cup diced tofu and stir fry until cooked.

- **For Red Curry**

Heat 1 tsp oil and add 1 tbsp chopped garlic.

- Saute until it turns golden brown.
- Now add 1/8th cup each of julienned onion and capsicum and saute well.
- Next, add 1/2 cup of coconut milk and let it simmer gently.
- Season with 1/8th tsp salt, 1/4th tsp black pepper powder and add 1 tbsp red Thai curry paste.
- Mix all the ingredients well, allowing the spices to blend into the curry.
- Now, add the stirfried tofu and water.
- Throw in a few basil leaves to garnish.
- Mix well, cover with a lid & cook for at least 56 minutes more.