



Veggie Thai red curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g spicy tofu firm cubed
- ☐ 4 tbsp soya sauce
- ☐ 3 juice of lime
- ☐ 2 chillies red sliced into rounds finely chopped
- ☐ 2 tbsp vegetable oil
- ☐ 400 ml coconut milk reduced-fat canned
- ☐ 1 courgette chopped
- ☐ 1 small aubergine chopped

- ☐ 0.5 pepper red deseeded chopped
- ☐ 140 g mushrooms halved
- ☐ 140 g sugar snap pea
- ☐ 20 g pack basil leaves picked
- ☐ 1 tsp brown sugar
- ☐ 4 servings jasmine rice
- ☐ 3 chillies red
- ☐ 1 lemongrass roughly chopped
- ☐ 3 shallots roughly chopped
- ☐ 0.5 bell pepper red deseeded roughly chopped
- ☐ 1 lime zest
- ☐ 1 stalks from 20g pack coriander
- ☐ 1 piece thumb-size ginger grated
- ☐ 2 garlic cloves
- ☐ 1 tsp pepper freshly ground
- ☐ 1 tsp ground coriander

Equipment

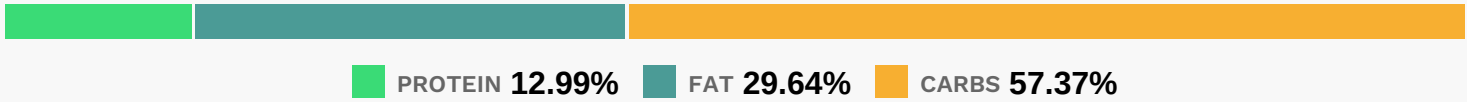
- ☐ food processor
- ☐ frying pan

Directions

- ☐ Whizz the paste ingredients in a food processor. Marinate the tofu in 2 tbsp soy sauce, juice 1 lime and the chopped chilli.
- ☐ 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.
- ☐ Drain the tofu, pat dry, then fry in the remaining oil in a small pan until golden.

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.

Nutrition Facts



Properties

Glycemic Index:140.8, Glycemic Load:27.46, Inflammation Score:-10, Nutrition Score:28.510869407783%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 9.22mg, Hesperetin: 9.22mg, Hesperetin: 9.22mg, Hesperetin: 9.22mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 476.71kcal (23.84%), Fat: 16.06g (24.71%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 60.53g (22.01%), Sugar: 15.08g (16.76%), Cholesterol: 0mg (0%), Sodium: 1100.22mg (47.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.69%), Vitamin C: 166.71mg (202.07%), Manganese: 1.47mg (73.44%), Vitamin K: 59.5µg (56.67%), Vitamin A: 2275.7IU (45.51%), Vitamin B6: 0.86mg (43.19%), Fiber: 9.42g (37.69%), Potassium: 1064.17mg (30.4%), Copper: 0.54mg (26.86%), Folate: 105.93µg (26.48%), Vitamin B3: 5.08mg (25.4%), Vitamin B2: 0.4mg (23.62%), Iron: 4.23mg (23.48%), Phosphorus: 230.12mg (23.01%), Magnesium: 85.9mg (21.48%), Vitamin B5: 2.1mg (21.01%), Vitamin B1: 0.28mg (18.44%), Selenium: 12.06µg (17.23%), Calcium: 157.69mg (15.77%), Vitamin E: 2.16mg (14.39%), Zinc: 1.65mg (10.98%)