

Recipe

THAI RED CURRY NOODLE SOUP WITH TOFU



INGREDIENTS: SOUP

1 Tbsp (15 ml) coconut oil

1 package (250g) extra-firm tofu, cubed

1 tsp (5 ml) oil

3 cloves garlic, minced

1 thumb-sized piece of fresh ginger, peeled, minced

3 Tbsp (15 ml) Thai red curry paste*

2 vegetable bouillon cubes

2.5 cups (625 mL) boiling water

1 red bell pepper, thinly sliced, halved

1 can (400 ml) coconut milk (we used full-fat for extra flavour)

2 Tbsp (30 ml) sodium-reduced soy sauce

2 tsp (10 ml) sambal oelek (optional, or sub other mild hot sauce)

125 g (4.5 oz) instant noodles**

2 small heads bok choy, washed and ends trimmed (or sub other Asian greens of choice)

OPTIONAL TOPPINGS:

Sliced spring onions

Fresh basil leaves or coriander

Lime wedges

► ▷ Vegan, refined sugar-free, nut-free

► **Yield:** 2-3 servings

► **Total Time:** 15 min

DIRECTIONS

1. Add coconut oil and tofu to a non-stick pan on medium heat. Try to not flip the tofu too soon, as it'll break apart this way. Just let it sit, and when the tofu "lets go" of the pan on its own with a gentle push of your spatula, then you can flip it.
2. Meanwhile, to a large pot on high heat, add oil, garlic and ginger. Let cook for 2 minutes, adding a splash of water as needed to deglaze the pan. Then add red curry paste and cook for 1 min more, stirring throughout. All the while, flipping the tofu as needed. When tofu is cooked to your liking, set aside.
3. To the large pot, add the bouillon cubes, boiling water, coconut milk, bell pepper, soy sauce and sambal, partially cover and let simmer for 5 minutes, then add the noodles and Asian greens and let simmer for 3 more minutes. Add in the tofu, serve, garnish. Enjoy!

NOTES

1. * If vegan, make sure to check the ingredient list of the curry paste to make sure it is free from fish sauce
2. ** If you don't have instant noodles that cook within 3 minutes, cook the noodles in a separate sauce pan first, and then add it to the coconut broth at the end.
3. **Variations:** add any other veggies you enjoy, like diced mushrooms, sliced carrots, or broccoli! mix up the vegetables by using carrots, snap peas, spinach, or mushrooms. Swap out the tofu for tempeh or mock chicken. Top with crushed roasted cashews or peanuts.
4. **Storage:** best enjoyed immediately. Otherwise, keep in an air-tight container in the fridge for up to 2 days.