



Thai Red Curry Bowls

Yield: 4 servings

Ingredients:

Curry:

- 1 tbsp. coconut oil
- 1 garlic clove
- 1" piece of ginger, grated
- 1 chili pepper, finely chopped or dash red pepper flakes
- 2 tbsp. red curry paste (I love Thai kitchen brand)
- 2 tbsp. soy sauce or tamari
- 2-15 oz. cans coconut milk

Vegetables: Use any of your favorite vegetables, but here are some of our favorites with this dish:

- 2 medium carrots, cut into rounds
- 1 asparagus, cut into 2-inch pieces
- 1 zucchini, diced
- 1 yellow bell pepper, julienned
- 1 cup broccoli florets

Tofu & Noodles

- 1 block tofu, drained and cut into small squares
- rice noodles, prepare according to package

Optional Garnish:

- 1 cup fresh basil or mint
- raw cashews or peanuts, chopped
- bean sprouts

Directions:

1. For the curry: Heat oil in large pan and add garlic, ginger, red curry paste and chili pepper/flakes. Sauté 1 minute. Whisk in coconut milk and soy sauce. Simmer about 15 minutes.
2. In a separate pan, add carrots, zucchini, asparagus and bell peppers (and any other vegetables you are using). Add $\frac{1}{2}$ cup water and steam vegetables until tender being careful not to overcook. Add tofu and heat through.
3. To serve: Add rice noodles to bowl. Scoop curry over noodles, top with veggies and tofu. Garnish as desired. Optional: Serve over brown rice instead of noodles.