



PANANG TOFU CURRY

with Basil Jasmine Rice

SPICY

VEGGIE



HELLO

PANANG CURRY

A thick and red Thai curry that is salty and sweet, with a peanutty flavor.

PREP: 10 MIN

TOTAL: 35 MIN

CALORIES: 904



Extra-Firm Tofu



Red Curry Paste



Red Bell Pepper



Coconut Milk



Lime



Jasmine Rice



Thai Basil



Onion, chopped



Peanuts, chopped



Snow Peas

BUST OUT

- Large Non-Stick Pan
- Small Bowl
- Measuring Cups
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Medium Pot
- Sugar
- Paper Towel
- (2 tsp | 4 tsp)

INGREDIENTS

2-person | 4-person

- Extra-Firm Tofu **4** 200 g | 400 g
- Red Curry Paste **1** 1 tbsps | 2 tbsps
- Red Bell Pepper **1** 160 g | 320 g
- Coconut Milk **1** 1 can | 2 cans
- Lime **1** 1 | 2
- Jasmine Rice **¾** ¾ cup | 1 ½ cup
- Thai Basil **7** 7 g | 14 g
- Onion, chopped **56** 56 g | 113 g
- Peanuts, chopped **7** 28 g | 56 g
- Snow Peas **227** 227 g | 454 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

The longer you let a curry simmer, the more flavour develops. If you've got time on your hands, let the curry simmer on low heat for an extra few minutes!



1 PREP Wash and dry all produce.* In a medium pot, add **1 ½ cups water** (2 ½ cups for 4 ppl). Cover and bring to a boil. Meanwhile, core, then cut the **pepper(s)** into ½-inch cubes. Juice **half the lime** (1 lime for 4 ppl) then cut the **remaining lime** into wedges. Roughly chop the **Thai basil leaves**. Cut the stems off the **snow peas**, if needed, then cut in half. Pat **tofu** dry with paper towel, then cut into ½-inch cubes.



4 COOK TOFU Season the **tofu** with **salt and pepper**. When **peanuts** are golden-brown, transfer to a small bowl and set aside. In the same pan, increase heat to medium-high, add **1 tbsp oil**, then **tofu**. Pan-fry, turning **tofu cubes** occasionally, until golden-brown all over, 6-7 min. (**NOTE:** Don't overcrowd the pan; cook the tofu in two batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer to a plate and set aside.



2 COOK RICE Add the **rice** to the medium pot with the **boiling water**. Reduce the heat to low. Cook, still covered, until the **rice** is tender and **liquid** has been absorbed, 12-14 min. When the **rice** is done, remove the pot from heat and set aside, still covered.



5 COOK CURRY Using the same pan, add another **1 tbsp oil** (dbl for 4 ppl), then **onions, snow peas and peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-5 min. Add **red curry paste**. Cook, stirring often, until fragrant, 1 min. Add **lime juice, coconut milk, half the peanuts, 2 tsp sugar** (dbl for 4 ppl) and **½ cup water** (dbl for 4 ppl). Simmer, stirring occasionally, until **curry** thickens slightly, 3-4 min.



3 TOAST PEANUTS Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add the **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)



6 FINISH AND SERVE Add **tofu** and **half the basil** into the **curry**. Stir together until **tofu** is coated, 1-2 min. Fluff the **rice** with a fork, then season with **salt**. Divide the **rice** between bowls and top with the **red tofu curry**. Sprinkle over the **remaining peanuts** and **remaining basil**. Squeeze over a **lime wedge**, if desired.

CITRUSY

A squeeze of lime at the end is a way of adding a 'salty' taste without adding more salt!