THAI · LUNCH · DINNER

Vegan Thai Red Curry with Tofu and Shiitake

60 min · Serves 4 · 360 kcal a serve · Video 9:28 · Pailin's Kitchen

Vegan · Nut-free

A plant-based red curry that gets its savoury depth from dried shiitake and tomato paste instead of fish sauce. Each serve is a good source of iron and selenium.

Diet notes: Gluten-free with a swap: Use tamari in place of the soy sauce and Golden Mountain sauce to keep it gluten-free.

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Ingredients 13 · SERVES 4

- [ ] 6–8 **dried shiitake mushrooms**, soaked in 30 g hot water and sliced
- [ ] 130 g **canned bamboo shoots**, in strips
- [ ] 470 ml **coconut milk**
- [ ] 3–5 tbsp **vegan red curry paste** (no shrimp paste)
- [ ] 1 heaping tbsp **tomato paste**
- [ ] 1 tbsp **soy sauce**
- [ ] ½ tbsp **Golden Mountain sauce**
- [ ] 2 tbsp **palm sugar**, chopped
- [ ] 6–7 **kaffir lime leaves**, torn
- [ ] 300 g **medium-firm smooth tofu**, cubed
- [ ] about 240 ml **mushroom soaking water**, plus a little more to thin
- [ ] a handful of **long red peppers**, sliced (optional)
- [ ] 1 big handful **Thai basil leaves**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the dried shiitake in 470 ml hot water for at least 30 minutes. Squeeze them out (keep the water), discard the stems and slice the caps about 5 mm thick. 1:21
2. Rinse the bamboo shoots, simmer them in water for 5 minutes, then drain and rinse again to remove the canned smell. 1:47
3. In a heavy pot over medium heat, reduce 180 ml of the coconut milk until thick and the oil starts to separate. Fry the curry paste in it, then stir in the tomato paste until the oil sizzles at the edges. 2:47
4. Add the rest of the coconut milk and about 240 ml of the mushroom water and bring to a boil. Season with the soy sauce, Golden Mountain sauce and palm sugar. 4:49
5. Add the mushrooms, bamboo shoots and torn lime leaves, then lay in the tofu and gently press it under the liquid. Simmer for at least 10 minutes, adding more mushroom water if it gets too thick. 5:41
6. Add the red peppers for a minute, turn off the heat and stir in the Thai basil. Serve over jasmine rice. 6:57

> **Tip** Check the curry paste label: many brands contain shrimp paste. Coconut milk makes it high in saturated fat; light coconut milk cuts that. Serve with jasmine rice.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
360 kcal	11 g	18 g	2.3 g	30 g	690 mg
1,510 kJ	22% of a day	16 g net · 9.7 g sugars	8% of a day	23 g saturated	30% of a day
		7% of a day		39% of a day	

Energy from net carbs 17% · protein 12% · fat 71% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Iron 50% · Selenium 29% · Vitamin C 26% · Calcium 24% · Vitamin K 23% · Magnesium 22%

Source of (10–19%) Vitamin B6 19% · Omega-3 18% · Zinc 17% · Potassium 15% · Folate 12%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=daMi8AdSRY0, published 10 November 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/vegan-thai-red-curry-tofu-shiitake