

Thai Red Curry



**you will
need:**



**1 tbsp
coconut oil**



**2 tbsps red
curry paste**



**1 small red
onion
chopped**



**4 cloves garlic
minced**



**1 head
broccoli
chopped**



**1 medium red
bell pepper
cut into
strips/spears**



**1 medium
green bell
pepper cut into
strips/spears**



**3 carrots cut
into
strips/spears**



**3/4 teaspoon
sea salt to
taste**

tools:



tablespoon



knife



teaspoon



stirring spoon



frying pan



plate

steps

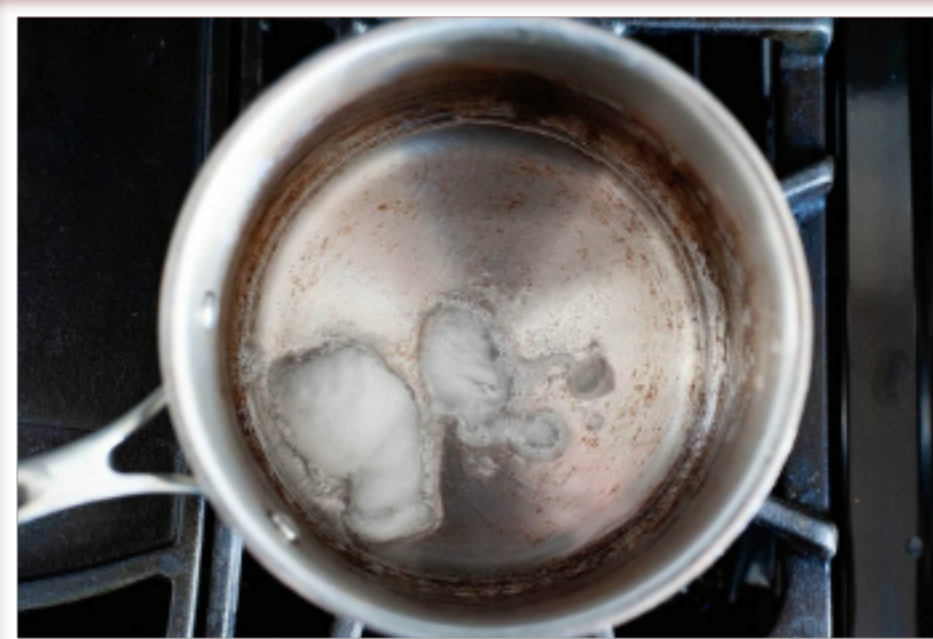
1



**Get out
frying pan**



**Set to
medium
high heat**



**Add in the
curry paste
to fry it,
stirring into
the coconut
oil for about
1 minute**



**Add in the
chopped
onion**

2



**Cook until
onion is
slightly
translucent,
8 minutes**



**Add in the
garlic**



**Add the
second
tablespoon
of coconut
oil**



Add broccoli



**Add red bell
pepper**

3



**Add green
pepper**



Add carrots



**Stir them
altogether**



**Add salt on
top**



**Add black
pepper on
top**

4



Add coconut sugar on top



Add liquid aminos on top



Stir everything together again



Reduce pan heat to medium and cook down

5



Stir until carrots are tender-crisp, for 10-15 minutes



Add in coconut milk and stir



Add in crispy tofu

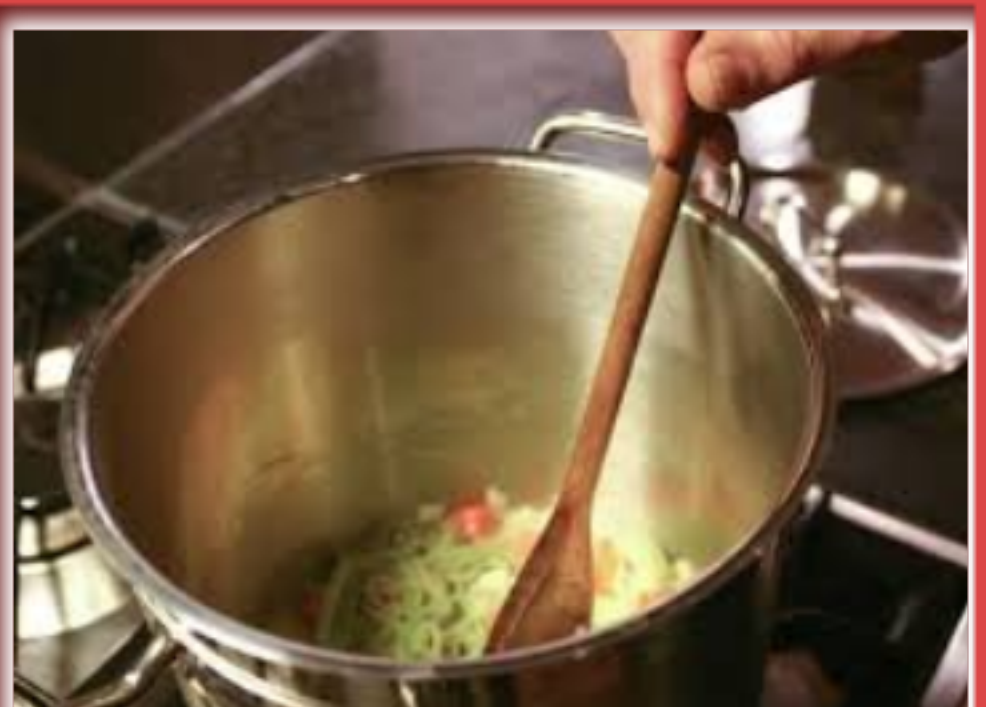


Let it simmer for 5 minutes

6



Squeeze lime over



Stir, then remove from heat



Add thai basil on top (optional)



7



Stir in sambal oelek/Sriracha if using



Serve with naan bread, rice, and a lime wedge.



Enjoy!!



**you will
also
need:**



**1/2 teaspoon
ground black
pepper**



**1 tbsp
coconut
sugar/raw
sugar**



**1 tbsp liquid
aminos/tamari
/soy sauce**



**1 can (383g)
coconut milk
full fat or lite**



lime juice



**1
washed/chopped
bunch thai basil
(optional)**



**1/2 tbsp
sambal oelek
or Sriracha
(optional)**