

Easy Thai Red Curry

Servings: 4

Time: 1 hr

Ingredients:

1 small yellow onion

6 garlic cloves

1 2-inch piece ginger, peeled (use the edge of a spoon to scrape outer skin off the ginger root)

2 Tbsp vegetable or Canola oil

2 Tbsp red curry paste

2 tsp ground turmeric

1 ½ cups diced tomatoes, plus juices from one 15-ounce can or half of one 28-ounce can

1 13.5-oz can unsweetened coconut milk

Kosher salt

1 lb or ~3 cups mixed vegetables (such as cauliflower, carrots, zucchini and/or shallots), cut into 1-inch pieces

1 lb firm tofu, white fish (such as halibut or cod), shrimp, or chicken breast, skin removed, cut into 2-inch pieces



Cook rice noodles or rice per package instructions, cilantro leaves with tender stems, and lime wedges (for serving)

Directions:

Chop onion, garlic, and ginger until finely minced, or mince in food processor. Heat oil in a large saucepan over medium. Add shallot mixture and cook, stirring often, until golden brown, about 4 minutes. Add curry paste and turmeric; cook, stirring, until paste is darkened in color and mixture starts to stick to pan, about 3 minutes. Add tomatoes, and juices. Cook, stirring often and scraping up browned bits, until tomatoes start to break down and stick to pot, about 5 minutes.

Stir in coconut milk and season with salt. Simmer, stirring occasionally to prevent sticking, until mixture is slightly thickened and flavors meld, 8–10 minutes. Add vegetables and pour in enough water or vegetable stock to cover. Bring to a simmer and cook, stirring occasionally, until vegetables are crisp-tender, 8–10 minutes.

Season tofu all over with salt and nestle into curry (add a little more water if it's very thick). Return to a simmer and cook just until tofu is cooked through, about 5 minutes.

Shrimp/fish: thaw shrimp in bowl of water, remove shell, tail, and vein if present. Nestle into curry. Return to a simmer and cook just until shrimp is cooked through, about 5-7 minutes.

Chicken: dice 2 small chicken breasts (or 1 large) into 2" pieces and nestle in curry. Return to a simmer and cook just until chicken is cooked through, about 10 minutes. Add more water if curry becomes too thick.

Spoon curry over rice noodles or rice and top with cilantro and a squeeze of lime.

Nutrition Facts:

Serving Size: ½ cup cooked rice, 1 cup curry

Calories: 400

Total fat: 31 g

Saturated fat: 20 g

Polyunsaturated fat: 3.7 g

Monounsaturated fat: 11.2 g

Cholesterol: 50 mg

Carbohydrates: 19 g

Fiber: 6 g

Sugar: 5 g

Protein: 5 g

Sodium: 310 mg

