



THAI GREEN CURRY WITH FRESH BASIL AND BASMATI RICE

FAST. EASY. FRESH.

1. Start by combining your **rice** with 3 cups of water in a small pot with a pinch of **salt**. Bring to a boil, then reduce the heat, cover, and simmer for 12-15 minutes, or until all the water has been absorbed. Set aside.

2. Meanwhile, prep the rest of your ingredients. Peel and finely dice the **onion**. Peel and mince the **garlic**. Cut the **Thai chilis** in half lengthwise, remove the seeds (or keep them in for more spice!), and then thinly slice. De-seed and thinly slice the **sweet bell peppers**. Peel and chop the **carrots** into ½-inch pieces. Dice the **tofu** into bite-sized pieces.

3. Heat the **oil** in a large pan over medium-low heat. Add the **onion, ginger, garlic** and a sprinkle of **salt** and cook for 5-7 minutes, until it begins to soften and turn brown. Raise the heat to medium and add the **curry paste** and **chili**, stirring often for 1-2 minutes.

4. Add the **coconut milk, brown sugar, chopped tofu, peppers, and carrots** to the pan and cook until the tofu is warmed through and the liquid has reduced to your desired consistency, about 5-8 minutes. Remove from the heat and add the **rice vinegar** and **soy sauce**.

5. Roughly tear the **basil** leaves and add these to the curry as well, stirring a couple of times, until they begin to wilt. Season with salt and **pepper** to taste.

6. To serve, spoon the rice into dishes and top with your green curry and veggies. Enjoy!



Ingredients (4 Person Serving – 589 Calories Per Serving)

Basmati Rice	1 ½ Cups	Brown Sugar	2 tsp.
Olive Oil	2 Tbsp.	Extra-Firm Tofu	350 g
Yellow Onion	1 Medium	Rice Vinegar	2 tsp.
Minced Ginger	20 g	Soy Sauce	2 tsp.
Garlic	4 Cloves	Sweet Bell Peppers	2
Thai Green Curry Paste	70 g	Carrots	4
Thai Chilis	2	Basil	20 G
Coconut Milk	2 400 ml Cans	Salt and Pepper	To taste

40 Minute
Cook
Time!