SYDNEY MARKETS

Wok-fried red curry vegetables with tofu

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Preparation 20 mins | Cooking 10 mins | Serves 4

1 tbs peanut or vegetable oil
1 red onion, cut into thin wedges
1 carrot, peeled and sliced into batons
2 garlic cloves, crushed
¼ cup red curry paste
2 zucchini, halved lengthways and thinly sliced
1 red capsicum, trimmed, deseeded and thinly sliced
1 bunch broccolini, stems cut into 3
270ml can reduced fat coconut milk
200g pack Thai-flavoured tofu, diced
1 tbs fish sauce
2 tbs lime juice

To serve: Roasted chopped cashews, sliced red chilli, coriander and Thai basil leaves, steamed jasmine rice and lime wedges

STEP 1 Heat a wok over high heat. Add oil and heat until hot. Add onion and carrot stir-fry for 2 minutes until softening. Add garlic and red curry paste and cook, stirring for 1 minute until aromatic.

STEP 2 Add zucchini and capsicum to wok and stir-fry for 2 minutes. Add broccolini and stir-fry for 1 minute. Add coconut milk, reduce heat and bring to the boil. Simmer for 2 minutes.

STEP 3 Stir through tofu, fish sauce and lime juice. Serve with cashews, sliced red chilli, coriander and Thai basil leaves, steamed rice and lime wedges.

Good for you… *CARROTS*

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system.

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