

# Broccoli & Tofu Green Curry, Coconut Rice

**Season:** Winter/Spring

**Type:** Main

**Difficulty:** Easy

**Serves:** 30-40 small serves

**Recipe source:** adapted from taste.com.au

<b>Equipment:</b>	<b>Ingredients:</b>
<ul style="list-style-type: none"> <li>• Large Frying Pan</li> <li>• Large Saucepan</li> <li>• Chopping Boards</li> <li>• Knives</li> <li>• Measuring spoons</li> <li>• Scales</li> </ul>	<ul style="list-style-type: none"> <li>• 3 tablespoons Extra Virgin Olive Oil</li> <li>• 4 tablespoons green curry paste</li> <li>• 2 tablespoons microplaned (grated) ginger</li> <li>• 4 kaffir lime leaves</li> <li>• 4 spring onions, finely chopped</li> <li>• 3 tablespoons fish sauce</li> <li>• 2 teaspoons brown sugar</li> <li>• 1Kg broccoli (or cauliflower)</li> <li>• 2 cans coconut milk</li> <li>• 1 cup roughly chopped coriander leaves</li> <li>• 300g perpetual spinach</li> <li>• 500g firm silken tofu</li> <li>• 1-2 cups Thai basil leaves, plus garnish</li> <li>• ½-1 teaspoon salt</li> <li>• 1Kg Basmati Rice, 2 litres water, 1 teaspoon salt</li> </ul>

## What to do (Curry):

- Wash and prepare the vegetables – finely slice the spring onions, chop the broccoli into small florets, slice the spinach finely, microplane the ginger, finely slice the kaffir lime leaves and roughly chop the coriander leaves and tear the Thai basil leaves into small pieces.
- Measure out the sugar, fish sauce, green curry paste and salt.
- Wait until other dishes are nearly ready (about 10 minutes before eating) then place the large frying pan on a high heat, add the oil, then when hot add the curry paste and fry for a few seconds.
- Add the spring onions, broccoli, sugar, ginger, kaffir lime leaves, pour in 1 ½ tins of the coconut milk (keep half a tin for the rice), plus add half a tin of water and the fish sauce then bring to the boil. Simmer for about 2-3 minutes.
- Add the chopped spinach and coriander, cook for a further minute or two until the broccoli is cooked.
- Turn off the heat and gently stir through the tofu and Thai basil. Taste the sauce and add up to 1 teaspoon of salt if you think it is required. Serve while hot with rice and the flatbread.

**What to do (Rice):**

- Bring 2 litres of water with a teaspoon of salt to the boil in a large saucepan.
- Add 1Kg Basmati Rice, bring to the boil then simmer gently for 8-10 minutes until just cooked.
- Turn off the heat and add ½ tin of coconut milk remaining from the curry. Cover until ready to serve.

**Notes**

We used two different pastes during this menu: Valcom has a great flavour, but if you prefer more spice we used Mae Ploy next, and even when we used half quantities it was still pretty spicy! You can of course make your own paste, I decided we wouldn't have enough time but it is well worth a try, apparently it tastes amazing. Also the paste includes fish sauce and shrimp paste so for vegetarians you could then substitute these ingredients.