



# Thai Tempeh & Vegetable Red Curry

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## Thai Tempeh & Vegetable Red Curry:

**Serves:** 2

### Ingredients:

- 1T Coconut oil (divided)
- 1/2 8oz Pkg tempeh, cut into triangles or cubes (I used a variety with sea vegetables, hence the black bits...)
- 1 1/2-2T Red curry paste (check the label for shellfish!)
- 3/4C/1/2Can Coconut milk
- 1/2T Tamari
- 1/2T Coconut sugar
- 1T Lime juice

Recipe from [coconutandberries.com](http://coconutandberries.com)

<http://coconutandberries.com/2013/10/21/thai-tempeh-vegetable-red-curry/>

- 100g/3.5oz/1 1/2C Halved mushrooms
- 100g/3.5oz Sugar snap peas
- 100g/3.5oz Baby corn, halved lengthwise
- Handful of Thai basil (you could also use fresh coriander but Thai basil is really really good!)

### Method:

If you're cooking rice, make sure to get that going before you do anything else.

Sauté the tempeh in 1/2T Coconut oil over medium-high heat, flipping to get it brown on all sides.

Heat the remaining 1/2T coconut oil in a pot over medium heat and add the red curry paste. Stir for a minute just to toast the spices and bring the flavours out.

Stir through the coconut milk, tamari, coconut sugar and lime.

Add vegetables, cover, and simmer for about 5 minutes, just until vegetables are tender. Stir through the Thai basil leaves.

Serve with brown rice, rice noodles or another grain.