



The Original Functional Workshop by Mahtab Jafari

Green Curry with Tofu

Ingredients

Serves 4-6



Curry Paste

- 3 green Thai chilies, more to taste
- 2 shallots
- 1/4" piece galangal or ginger
- 1/2 teaspoon chopped kaffir lime leaves
- 5 cloves of garlic
- 1 1/2 tablespoon chopped lemongrass
- 1/4 cup cilantro stems
- 1/4 teaspoon roasted cumin seeds
- 1/4 teaspoon roasted coriander seeds
- 1/2 teaspoon salt
- 1/4 cup light coconut milk

Other Ingredients

- 2/3 cup sliced onion
- 1 teaspoon grapeseed oil
- 1 cup sliced Chinese eggplants
- 1 cup baby eggplant
- 2 teaspoon sugar
- 2 tablespoon vegetarian fish sauce, more to taste
- 5 kaffir lime leaves
- 3 cups light coconut milk
- 2 cups vegetable stock
- 10 oz firm tofu, seared, or baked
- 4 stalks of Thai basil
- 1/4 cup light coconut milk

Directions

- 1) To make curry paste, combine everything in a blender and mix until well blended.
- 2) In a large pot, heat the oil over medium heat, add paste and stir to mix well. Add onions and cook just until onions begin to brown. Add eggplant and cook for 2- 3 minutes.
- 3) Add all remaining ingredients except the tofu and basil. Bring mixture up to a boil and cook for 20- 25 minutes or until eggplant is tender.
- 4) Stir in cooked tofu and basil, stir gently and turn off heat. Serve with rice.