Thai Tofu Curry

Ingredients
- 1 block extra firm tofu
- 4 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tsp ground sesame seeds
- 1 clove minced garlic
- ¼ white onion
- 1 small carrot
- 1 green bell pepper
- ½ can sliced bamboo shoots (optional)
- 2 tbsp curry paste (green or red)
- 1 can (400mL) coconut milk
- 1 tsp of vegetable oil

Making it
1. Cut tofu into 1 cm width slices. Cut off both ends of garlic and chop finely. Add tofu, garlic, soy sauce, fish sauce, ground sesame seeds to a Ziplock bag to marinate in fridge for at least 30 min.
2. Meanwhile, peel off carrot skin with peeler and slice thinly. Deseed green pepper and chop into similar slices as carrot. Cut ¼ of onion, peel skin off keeping stem on, hold stem as slicing onion and once finished cut off stem for composting. Drain and rinse canned bamboo shoots.
3. In a medium sized pot, pour a teaspoon of vegetable oil and spread it evenly around. Turn up stove heat between the medium and maximum mark. After a few seconds hover the back of your hand just above the oil; if you can feel heat, turn down the stove to medium and add sliced onions, fry for 30 sec.
4. Add the curry paste to onions and stir for another 30 sec. Next add in a whole can of coconut milk, marinated tofu, carrots, green peppers, bamboo shoots and bring to a boil over medium heat with the lid off. Stir, making sure curry paste is evenly distributed.
5. Cook for 20 – 30 mins until the veggies are cooked but still crunchy.
6. Serve with brown rice or quinoa.

Adapted from [http://missoulafoodcoop.com/thai-tofu-curry/](http://missoulafoodcoop.com/thai-tofu-curry/)