

ALSIMPLE

FOOD / RECIPES

Thai Spiced Tofu

January 2004

INGREDIENTS

- 8** ounces firm tofu, cut into four 1/2-inch slices
- 3** tablespoons Thai red curry paste (found in the Asian section of most supermarkets)
- 3** tablespoons sugar
- 2** tablespoons fish sauce (or tamari, for vegetarians who don't eat fish)
- 1/2** pound green beans
- 1/2** cup vegetable broth
- 1** tablespoon peanut oil



DIRECTIONS

- 1.** Place the tofu between layers of paper towels and weigh them down with a heavy skillet to remove excess water. Set aside to drain for 10 minutes.
- 2.** Combine the curry paste, sugar, and fish sauce; put half this sauce in a resealable plastic bag. Add the tofu, seal, and set aside for 15 minutes.
- 3.** In a saucepan, combine the green beans, broth, oil, and the remaining curry. Simmer until the beans are tender, about 5 minutes. Cover to keep warm.
- 4.** Lightly coat a nonstick skillet with vegetable cooking spray and place it over medium heat. When hot, add the tofu and cook until golden, about 4 minutes per side. Transfer to a dinner plate and cover. Serve with the green beans.

By Jane Kirby