

Vegan Thai curry with sesame coconut cubes

Ingredients for 4 people

- 300 g udon noodles (delicatessen corner in the supermarket, alternatively linguine)
- 2 tablespoons rapeseed oil
- Walnut-sized piece of ginger, finely chopped
- 1 clove of garlic, finely chopped
- 1 onion
- 1 thick, long carrot, cut into thin strips with a peeler
- 1 yellow and 1 red bell pepper, cut into thin strips
- 200 g broccoli, divided into florets
- 3 tsp yellow curry paste (delicatessen corner in the supermarket)
- 1 lime
- 400 ml coconut milk
- ¼ l vegetable broth
- 1 courgette, cut into half slices
- 100 g sugar snap peas, cut diagonally into strips
- Salt, pepper



You are what
you cook.

For the sesame coconut cubes

- 400 g tofu
- 100 g grated coconut
- 50 g light sesame seeds
- 50 g black sesame seeds
- Salt, pepper
- 2 tablespoons flour
- 4 tablespoons rapeseed oil

Preparation

01

Prepare the pasta according to package directions.

02

Add oil to a pan and sauté the ginger, garlic and onion over medium heat. Then add the carrots, peppers and broccoli and sauté for 5 minutes.

03

Stir in the curry paste, lime slices and add the coconut milk and vegetable stock. Bring to a boil, add the courgettes and cook until al dente.

04

While the vegetables are cooking, dice the tofu for the sesame coconut cubes. Mix the coconut flakes, sesame seeds, salt and pepper in a deep dish. In a bowl, whisk 2 heaping tablespoons flour with 6 tablespoons water until a smooth, creamy liquid forms.

05

Turn the tofu cubes first in the flour mixture, then in the coconut breading. Heat the oil in a pan and fry the sesame coconut cubes until golden brown.

06

Add the cooked noodles and sugar snap peas to the vegetable pan, simmer everything for 3 to 4 minutes.

07

Serve the tofu cubes with the Thai curry.