

Panang Curry with Tofu and Vegetables

Savannah · 29/09/2024

**Prep Time**

1 hr 5 mins

Difficult

Medium

Servings

4

Description

After much improvising and research this is by far the best Panang I have ever had So flavorful that no extra seasonings like pepper need to be added

Ingredients

- - 3 cups water
- or as needed - 2 cups brown rice - 1 tablespoon soy sauce
- or to taste - ½ teaspoon salt - 1 tablespoon vegetable oil - 2 ½ tablespoons panang curry paste - 1 (14 ounce) can coconut milk - 1 tablespoon vegetarian fish sauce - 1 tablespoon white sugar - 5 makrut lime leaves - 8 ounces fried tofu
- cubed - 2 cups broccoli florets - ½ red bell pepper
- chopped into 1-inch pieces - ¼ cup diagonally sliced carrots

Instructions

1. Combine water
2. brown rice
3. soy sauce
4. and salt in a rice cooker. Cover and cook according to manufacturer's directions
5. about 35 minutes. Heat vegetable oil in a wide skillet over medium heat. Add curry paste; cook and stir until fragrant
6. 1 to 2 minutes. Add coconut milk
7. fish sauce
8. white sugar
9. and lime leaves. Reduce heat to medium-low and simmer
10. covered
11. until flavors combine
12. about 5 minutes. Stir in tofu
13. broccoli
14. red bell pepper
15. and carrots. Cook and stir until vegetables are tender but not soft
16. 1 to 2 minutes. Serve panang curry over brown rice. Cook's Notes: If not serving immediately
17. remove the skillet from the heat
18. add tofu and vegetables
19. and set aside
20. covered
21. so they just start to soften. When ready to serve
22. reheat for 1 to 2 minutes. You can add the soy sauce to the brown rice when it is almost done instead.