



Coconut Curry Soup

This luscious salad-meets-soup combo is a really easy recipe and it can be made with your favourite curry flavour and any vegetables you have to hand. This recipe is vegan and just a little different than either a straight curry or a straight soup.

Ingredients:

1 tbs	Olive oil*	2 tbs	Sugar*
1	Onion (chopped)	5	Potatoes (medium size)
1	Garlic clove (crushed)	400 ml	Coconut milk*
1 tbs	Dried ginger*	3 cups	Vegetable stock
1 tbs	Dried tumeric*	1 block	Firm tofu
1-2 tbs	Curry paste (any flavour)	A selection of chopped fresh vegetables and/or herbs to serve (we used spring onions, red cabbage, grated carrot, edamame beans, coriander and nuts)	
1 tsp	Salt		

Method:

1. Remove excess water from tofu. You can do this with a tofu press, or wrap in a clean tea towel and place under something heavy.
2. Heat the oil in a large pot over medium heat. Add the onion, garlic, and ginger, and stir fry until fragrant. Don't let the garlic burn or brown.
3. Add the curry paste, turmeric, salt, and sugar. Stir fry for a few more minutes.
4. Add the potatoes, coconut milk and stock. Simmer until the potatoes are soft.
5. Allow to cool slightly, and use a stick blender to puree until smooth and silky. You can add more water or stock to give you the desired consistency.
6. Cut tofu into small pieces. Add oil to a pan and stir fry the tofu until light golden brown.
7. To serve, top each serving of soup with fresh vegetable toppings and crispy caramelised tofu and enjoy your

***Find this ingredient at your local Trade Aid store or stockist.**

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