



Sweet & Spicy mango curry



This curry was born of a “shall we have a curry” suggestion! So that’s exactly what we did! A subtle heat mixed with the sweet mango flavours really makes this a dish that will definitely impress!

Serves 2-3

What you'll need:

Wok, stirring spoon, grater, garlic mincer/sharp knife, tofu press (or use some tea towels and heavy books), weighing scales, measuring spoons

Ingredients

- $\frac{1}{4}$ white onion chopped
- Full mango peeled and chopped
- 2 birds eye chillies chopped, if you prefer less heat remove the seeds
- 4 mushrooms, quartered
- 2 green asparagus chopped
- $\frac{1}{2}$ green and $\frac{1}{2}$ yellow pepper diced
- $\frac{1}{2}$ block of tofu pressed
- 1 can of coconut milk
- 1 tbsp rose harissa paste
- $\frac{1}{2}$ juice of a lemon
- $\frac{1}{2}$ juice of a lime
- 1tsp garam masala
- 1 tbsp mirin
- 2 cloves of garlic, minced/finely chopped
- 2 tbsp grated ginger
- 1tbsp tamarind paste
- 1 tsp turmeric
- 50g cashew nuts
- 2 spring onion, chopped
- $\frac{1}{2}$ carrot thinly sliced
- $\frac{1}{2}$ cup of mixed fresh herbs, basil, chives and coriander, chopped (1/4 cup for dried herbs) Leave a few sprigs of coriander to garnish
- 1 tbsp coconut oil to fry tofu

Method

1. Firstly, fry the tofu in the coconut oil for 5 minutes until crisping, then remove from the wok and leave to one side
2. In the same pan add garam masala, chillies and garlic cloves, fry for a minute
3. Then add the mirin, stir
4. Add the ginger, harissa paste, turmeric, lemon juice, lime juice and chopped onions
5. Give it a good stir and cook over a medium to high heat for 4-5 minutes, until the onions are beginning to go soft
6. Add the coconut milk and tamarind, stir and leave for a few minutes
7. Add all the other ingredients, mango, mushrooms, peppers, spring onion, asparagus, carrot and tofu (not the cashews or the herbs)
8. Give it a good stir and bring to the boil
9. Reduce to a simmer and cook for 20 minutes
10. After 20 minutes add the cashews and the fresh herbs, stir well and simmer again for a further 5 minutes
11. Serve with our sweet potato cakes and garnish the curry with coriander sprigs

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