



Makes 6 cups curry + 4 cups rice

Preparation Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 medium onion

3 tablespoons store-bought oil-free red curry paste

1 tablespoon + 1 teaspoon garam masala

12 oz. cauliflower, cut into large florets

1 sweet potato, peeled and cut into 2-inch chunks

3 tablespoons tamarind paste

1 tablespoon pure maple syrup

½ of a 16-oz. package firm tofu, cubed

¾ cup bite-size pieces fresh pineapple or juice-packed canned pineapple, drained

4 cups hot cooked brown jasmine or basmati rice, for serving

Fresh Thai basil leaves (optional)

Thai Pineapple Curry with Sweet Potato and Tofu

This plant-based **Thai** curry is a version of gaeng hung lay—a pork-based curry iconic to Northern Thailand—and is fantastic on a cold winter's day. Combining red curry paste and garam masala adds depth and warmth to this hearty dish, while tamarind paste provides tangy, citrusy notes. It's important to cook out the curry paste to mellow the flavors. Juicy pineapple chunks complement silky tofu, earthy cauliflower florets, and tender sweet potato. For added savoriness, include some bite-size pieces of portobello mushrooms. Once you've sourced the ingredients, you'll find yourself making this fragrant Thai pineapple curry often.

Tips

Red curry paste: Look for an oil-free, lower-sodium option, such as [this one from Thai Kitchen](#).

For more inspiration, check out these tasty ideas:

- [Thai Green Curry Chickpeas with Spinach](#)
- [Thai Red Curry Vegetables](#)
- [Vegan Red Curry with Cauliflower and Potatoes](#)
- [Thai Chickpea-Almond Curry](#)

By Cameron Stauch

- 1 Peel the onion and trim the root end. Cut into six or eight wedges through the root end. Place in a large pot. Add curry paste, garam masala, and ¼ cup water; stir. Cook over medium 5 minutes or until water evaporates and the curry paste starts to stick to the bottom of the pot, stirring occasionally.
- 2 Add cauliflower and sweet potato to pot and stir to coat with curry paste and spices; cook 2 minutes. Add tamarind paste, maple syrup, and 2½ cups water. Bring to boiling; reduce heat to medium-low. Cover and simmer 15 minutes.
- 3 Add tofu and pineapple; increase heat to medium. Simmer, uncovered, 10 to 15 minutes or until sauce is slightly thick and stew-like (not soupy). Serve curry with brown rice. If you like, top with Thai basil.