



WHATSheATE



Coconut Curried Tofu with Green Jasmine Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice
- ☐ 1 cup cherry tomatoes whole
- ☐ 2 teaspoons curry powder
- ☐ 16 ounces extra tofu dry drained cut into 1/2-inch cubes
- ☐ 1 cup cilantro leaves fresh packed coarsely chopped ()
- ☐ 4 teaspoons ginger fresh minced
- ☐ 2 large garlic clove minced

- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons peanuts chopped
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 0.8 cup lite coconut milk light unsweetened
- ☐ 0.3 cup coconut shredded unsweetened
- ☐ 2 tablespoons vegetable oil
- ☐ 1.8 cups water

Equipment

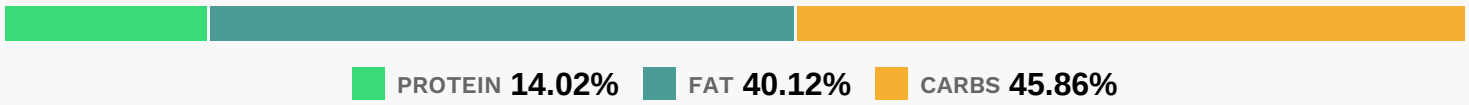
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Stir shredded coconut in small nonstick skillet over medium heat until light golden, about 5 minutes.
- ☐ Transfer to bowl.
- ☐ Bring 1 3/4 cups water and salt to boil in heavy medium saucepan. Stir in rice; bring to boil. Reduce heat to low, cover, and simmer until water is absorbed and rice is tender, about 18 minutes.
- ☐ Meanwhile, puree cilantro, 1/2 cup coconut milk, 1 teaspoon ginger, lime juice, and half of garlic in blender.
- ☐ Mix puree and coconut into rice. Set aside.
- ☐ Heat oil in large nonstick skillet over high heat.
- ☐ Add tofu; stir-fry until golden, about 6 minutes.

- ☐ Add onions, curry, cumin, red pepper, remaining ginger, and remaining garlic. Stir-fry 1 minute. Stir in tomatoes and remaining coconut milk. Season with salt and pepper.
- ☐ Divide rice among 4 plates. Top with tofu mixture.
- ☐ Sprinkle with peanuts.
- ☐ *Available at specialty foods stores and natural foods stores.
- ☐ **Available at Asian markets and in the Asian foods section of many supermarkets.
- ☐ Per serving: calories, 433; total fat, 20 g; saturated fat, 5 g; cholesterol, 0
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:48.61, Glycemic Load:22.71, Inflammation Score:-7, Nutrition Score:14.601304282313%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 411.1kcal (20.56%), Fat: 18.36g (28.24%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 43.89g (15.96%), Sugar: 3.01g (3.35%), Cholesterol: 0mg (0%), Sodium: 705.71mg (30.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.87%), Vitamin K: 53.03µg (50.5%), Manganese: 0.96mg (48.17%), Copper: 0.51mg (25.36%), Phosphorus: 224.61mg (22.46%), Iron: 3.3mg (18.35%), Magnesium: 70.75mg (17.69%), Vitamin C: 13.86mg (16.8%), Potassium: 477.54mg (13.64%), Fiber: 3.33g (13.31%), Selenium: 9.16µg (13.08%), Vitamin B1: 0.19mg (12.83%), Vitamin A: 613.45IU (12.27%), Vitamin B3: 2.24mg (11.21%), Zinc: 1.63mg (10.9%), Vitamin B6: 0.2mg (10.22%), Calcium: 87.36mg (8.74%), Vitamin E: 1.29mg (8.57%), Folate: 33.79µg (8.45%), Vitamin B5: 0.7mg (7.02%), Vitamin B2: 0.11mg (6.26%)