



## Curried Pot Pies

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 ounce coconut milk canned
- 0.3 cup coconut butter melted
- 2 tablespoons curry powder
- 1 knob ginger finely grated peeled
- 1 jalapeño diced seeded finely
- 6 servings kosher salt
- 2 limes
- 2 cups onion

- 1 cup panko breadcrumbs
- 7 ounces spicy tofu firm cut into 1/2-inch cubes ( 1/2 block)
- 2 cups zucchini

## Equipment

- frying pan
- baking sheet
- oven
- pot
- ramekin

## Directions

- Preheat the oven to 375 degrees F with a rack set on the middle shelf.
- Heat 2 tablespoons of the coconut butter in a large straight-sided skillet over medium to medium-high heat. It might brown a little, but that's okay.
- Add the onions and 1/2 teaspoon salt and cook until slightly softened, stirring occasionally, about 5 minutes.
- Add the jalapeno and ginger and cook until softened and the onions have started to brown slightly, stirring constantly, about 5 minutes. If the onion mixture begins to stick to the skillet, add 1 to 2 tablespoons water to release the brown bits. Stir in the curry powder and cook for 2 minutes. Stir in the coconut milk, 1/2 cup water and 1/2 teaspoon salt. Bring to a boil, and then reduce to a simmer. Simmer, uncovered, for 10 minutes.
- Meanwhile, toss the panko with the remaining coconut butter and 1/2 teaspoon salt.
- Zest and juice 1 lime. Gently stir in the lime zest and juice, the tofu and zucchini to the curry. Season with salt if needed.
- Evenly divide the curry into six 8-ounce ovenproof ramekins.
- Sprinkle 2 tablespoons of the breadcrumbs on top of each ramekin.
- Place the ramekins on a baking sheet and place in the oven.
- Bake until the breadcrumbs are light golden brown and the curry is bubbling, 12 to 15 minutes.
- Let the curry sit for 5 minutes at room temperature before serving.

Cut the remaining lime into wedges and serve alongside the curry pot pies.

## Nutrition Facts

**PROTEIN 9.55%** **FAT 61.92%** **CARBS 28.53%**

### Properties

Glycemic Index:23.5, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:11.318695713644%

### Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

### Nutrients (% of daily need)

Calories: 313.46kcal (15.67%), Fat: 22.69g (34.91%), Saturated Fat: 15.77g (98.59%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 17.29g (6.29%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 288.03mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Manganese: 0.93mg (46.52%), Vitamin C: 22.87mg (27.72%), Fiber: 6.24g (24.95%), Iron: 3.21mg (17.85%), Copper: 0.28mg (13.83%), Potassium: 439.48mg (12.56%), Phosphorus: 125.49mg (12.55%), Magnesium: 48.4mg (12.1%), Folate: 46.85µg (11.71%), Vitamin B1: 0.17mg (11.32%), Calcium: 109.24mg (10.92%), Selenium: 7.41µg (10.59%), Vitamin B6: 0.21mg (10.4%), Vitamin B3: 1.56mg (7.8%), Vitamin B2: 0.11mg (6.2%), Zinc: 0.92mg (6.14%), Vitamin K: 5.28µg (5.03%), Vitamin E: 0.74mg (4.94%), Vitamin B5: 0.38mg (3.82%), Vitamin A: 139.77IU (2.8%)