



Fresh Herb and Tofu Curry



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small baby bok choy (Shanghai bok choy)
- ☐ 0.5 cup bamboo skewers drained and rinsed canned thinly sliced
- ☐ 13.5 oz coconut milk canned
- ☐ 2 tbsp canola oil
- ☐ 1.5 teaspoons curry powder
- ☐ 1 teaspoon fish sauce
- ☐ 0.5 cup herbs: rosemary fresh such as mint, cilantro, thai basil, or vietnamese coriander (rau ram) coarsely chopped
- ☐ 1 large garlic clove finely chopped

- ☐ 2 tsp brown sugar light packed shaved
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots thinly sliced
- ☐ 14 oz tofu firm

Equipment

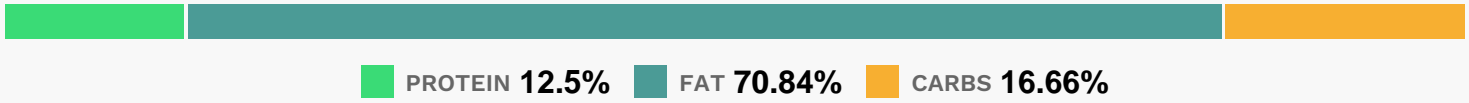
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ slotted spoon
- ☐ skimmer

Directions

- ☐ Cut tofu into 16 rectangles shaped like husky dominoes (each about 1 in. wide, 1 1/2 in. long, and 1 in. thick). Put tofu in a wide, shallow bowl.
- ☐ Mix 1 tsp. salt with 2 cups very hot or just-boiled water and pour over tofu to just cover.
- ☐ Let sit 15 minutes.
- ☐ Transfer tofu to a double layer of paper towels set on a plate and let drain 10 minutes.
- ☐ Meanwhile, heat 2 tbsp. oil in a medium nonstick frying pan over medium heat. Fry shallots, stirring occasionally, until light golden, 9 to 10 minutes.
- ☐ Add garlic and curry leaves and fry 2 to 3 minutes, stirring constantly, until light and crisp.
- ☐ Add curry powder, remove from heat, and stir to aromatize spices. Using a slotted spoon or skimmer, transfer seasonings to a bowl, leaving most of fragrant oil in pan.
- ☐ Blot tofu dry.
- ☐ Add more oil to pan, if needed, to film bottom and heat to medium-high. Fry tofu, turning once, until golden, 4 to 5 minutes (it won't be crisp).
- ☐ Lower heat slightly and return all but 1 tbsp. shallot mixture to pan.
- ☐ Add coconut milk, bamboo shoots, and palm sugar. Bring to a simmer and cook 2 to 3 minutes.

- ☐
- Add bok choy and cook until tender, 3 to 5 minutes. Gently stir in fish sauce.
- ☐
- Transfer to a serving bowl and top with herbs and rest of shallots.
- ☐
- Serve with rice.
- ☐
- *Find curry leaves at Indian markets. Palm sugara dark unrefined sugar made from palm-tree sap or sugarcane juicehas a musky, slightly molasses-like flavor. It usually comes in hard discs; slice off shavings with a sharp knife before measuring. Find it at well-stocked grocery stores and Asian or Latino markets (in Indian markets, it's called jaggery, and in Latino markets, piloncillo).

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:22.876521623329%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 417.72kcal (20.89%), Fat: 34.41g (52.94%), Saturated Fat: 21.25g (132.81%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 12.45g (4.53%), Sugar: 9.01g (10.01%), Cholesterol: 0mg (0%), Sodium: 800.93mg (34.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Vitamin K: 129.08µg (122.94%), Vitamin A: 5671.58IU (113.43%), Vitamin C: 66.4mg (80.49%), Manganese: 1.06mg (52.76%), Calcium: 293.72mg (29.37%), Iron: 4.72mg (26.2%), Fiber: 5.75g (23.01%), Copper: 0.32mg (16.18%), Magnesium: 50.99mg (12.75%), Phosphorus: 126.43mg (12.64%), Potassium: 428.21mg (12.23%), Vitamin E: 1.72mg (11.47%), Folate: 39.29µg (9.82%), Selenium: 6.78µg (9.69%), Vitamin B6: 0.19mg (9.53%), Zinc: 1.01mg (6.71%), Vitamin B3: 0.98mg (4.89%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.32mg (3.17%), Vitamin B2: 0.02mg (1.29%)