



Red Curry Tofu with Fall Vegetables



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 heads baby bok choy separated (12 oz. total)
- ☐ 8 ounces butternut squash chunks peeled
- ☐ 14 oz coconut milk divided canned
- ☐ 0.3 cup cilantro leaves
- ☐ 4 servings rice steamed
- ☐ 1 teaspoon little demerara sugar
- ☐ 1 tablespoon vietnamese fish sauce
- ☐ 2 tablespoons juice of lime

- ☐ 6 lime zest wild (also called makrut or lime)
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.5 cup shallots thinly sliced
- ☐ 1 teaspoon tapioca flour
- ☐ 1 tbsp thai curry paste red such as mae ploy brand
- ☐ 14 oz spicy tofu firm drained
- ☐ 1 tablespoon vegetable oil

Equipment

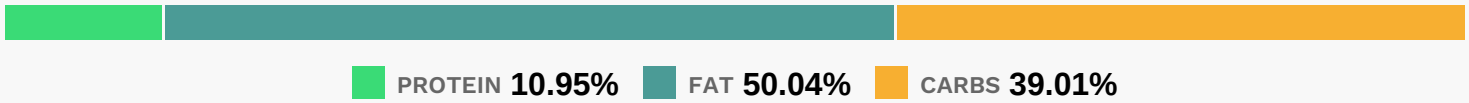
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Wrap tofu in a towel, place a cutting board and a few cans or other weights on top, and weight 10 minutes to squeeze out excess water.
- ☐ Cut tofu into thick strips.
- ☐ Heat oil in a large nonstick frying pan over medium-high heat.
- ☐ Add tofu and sprinkle with brown sugar. Cook, stirring occasionally, until tofu begins to brown, 3 minutes.
- ☐ Add shallot and cook until tofu and shallot are browned, about 3 minutes more.
- ☐ Transfer to a bowl.
- ☐ Reserve 1/4 cup coconut milk; add the rest to pan, along with curry paste, lime leaves, bell pepper, and squash. Stir to combine. Cover and bring to a boil, then reduce heat to a simmer. Cook until squash is tender, about 10 minutes.
- ☐ Add bok choy, cover loosely, and cook until bok choy is crisp-tender, 3 minutes. In a small bowl, whisk together reserved 1/4 cup coconut milk, the fish sauce, lime juice, and tapioca flour. Stir into pan, then add tofu-shallot mixture; simmer until thickened, about 2 minutes.
- ☐ Sprinkle with cilantro and serve over rice.

*Find curry paste, fish sauce, and tapioca powder in the Asian-food aisle of well-stocked grocery stores; find lime leaves in the produce section.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:28.2, Inflammation Score:-10, Nutrition Score:25.35130438079%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 43.89mg, Hesperetin: 43.89mg, Hesperetin: 43.89mg, Hesperetin: 43.89mg Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 542.75kcal (27.14%), Fat: 32.26g (49.64%), Saturated Fat: 22.19g (138.66%), Carbohydrates: 56.59g (18.86%), Net Carbohydrates: 47.57g (17.3%), Sugar: 11.74g (13.04%), Cholesterol: 0mg (0%), Sodium: 383.1mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.75%), Vitamin A: 7705.78IU (154.12%), Vitamin C: 87.57mg (106.15%), Manganese: 1.54mg (77.03%), Fiber: 9.02g (36.06%), Iron: 4.63mg (25.73%), Calcium: 231.06mg (23.11%), Copper: 0.46mg (23.11%), Magnesium: 90.04mg (22.51%), Vitamin B6: 0.45mg (22.38%), Potassium: 779.58mg (22.27%), Phosphorus: 197.39mg (19.74%), Selenium: 13.57µg (19.39%), Folate: 69µg (17.25%), Vitamin E: 2.02mg (13.46%), Vitamin B3: 2.43mg (12.14%), Vitamin K: 12.42µg (11.83%), Vitamin B5: 1.13mg (11.35%), Vitamin B1: 0.17mg (11.02%), Zinc: 1.46mg (9.74%), Vitamin B2: 0.08mg (4.6%)