



Spicy Thai Coconut Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound broccoli
- 8 ounces carrots
- 1 tablespoon t brown sugar dark packed
- 1.7 cups cilantro leaves fresh thick (from)
- 6 servings cilantro leaves fresh coarsely chopped
- 2 medium garlic clove
- 1 teaspoon kosher salt as needed plus more
- 1.5 teaspoons kosher salt

- 0.3 cup juice of lime freshly squeezed (from 3 medium limes)
- 2 tablespoons lime zest finely grated (from 3 medium limes)
- 2 cups quinoa
- 0.8 cup peanuts unsalted
- 6 servings peanuts unsalted coarsely chopped
- 4 medium spring onion
- 6 servings spring onion thinly sliced
- 0.3 cup sesame oil toasted
- 0.3 cup sriracha
- 14 ounce tofu firm
- 14 ounce coconut milk unsweetened canned
- 1.3 cups vegetable broth low-sodium
- 2 tablespoons vegetable oil

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- sieve
- slotted spoon
- colander

Directions

- Place all of the ingredients in a food processor fitted with a blade attachment. Process until smooth, scraping down the sides of the bowl as needed, about 1 minute; set aside. For the quinoa: Rinse the quinoa in a strainer under cold water until the water runs clear.

- Place in a large saucepan; add the coconut milk, vegetable broth, and measured salt; and stir to combine. Bring to a boil over medium-high heat. Reduce the heat to low and simmer, stirring occasionally, until the white outer casings on the quinoa have popped, revealing translucent little beads, about 15 to 20 minutes. Meanwhile, line a large plate with several layers of paper towels.
- Drain the tofu, cut it into large dice, and place it in a single layer on the paper-towel-lined plate; set aside. Trim the carrots and cut them into 1/8-inch-thick rounds; set aside. Trim the stem of the broccoli to 1/2 inch and cut the head into 1-inch florets; set aside. Thinly slice the white and light green parts of the scallions; set aside. When the quinoa is ready, remove it to a large serving bowl and set aside. Wash the saucepan, fill it with water, and season generously with salt. Cover with a tightfitting lid and bring to a boil over high heat. Meanwhile, heat the oil in a large nonstick frying pan over medium-high heat until shimmering.
- Add the tofu and cook without stirring until the bottoms are golden brown, about 4 minutes. (While the tofu is cooking, line the plate you drained it on with fresh paper towels.) Flip and cook until the other sides are golden brown, about 3 to 4 minutes more. Using a slotted spoon, remove to the paper-towel-lined plate and season with salt; set aside.
- Add the carrots to the boiling water and cook until crisp-tender, about 2 minutes. Using a slotted spoon, remove them to the bowl with the quinoa. Return the water to a boil, add the broccoli, and cook until crisp-tender, about 3 minutes.
- Drain in a colander and place in the bowl with the quinoa and carrots.
- Add the cooked tofu, dressing, and scallions to the bowl and stir to combine.
- Garnish with additional cilantro, peanuts, and scallions before serving.

Nutrition Facts



■ **PROTEIN 12.56%**
■ **FAT 55.29%**
■ **CARBS 32.15%**

Properties

Glycemic Index:47.31, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:38.89347814477%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 713.99kcal (35.7%), Fat: 45.77g (70.41%), Saturated Fat: 18.27g (114.18%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 48.36g (17.59%), Sugar: 9.39g (10.43%), Cholesterol: 0mg (0%), Sodium: 1394.56mg (60.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.78%), Vitamin A: 7287.59IU (145.75%), Vitamin K: 139.36µg (132.72%), Manganese: 2.45mg (122.29%), Vitamin C: 89.64mg (108.66%), Folate: 203.41µg (50.85%), Magnesium: 197.21mg (49.3%), Phosphorus: 471.07mg (47.11%), Fiber: 11.52g (46.07%), Copper: 0.68mg (34.13%), Iron: 5.88mg (32.67%), Vitamin B6: 0.63mg (31.37%), Potassium: 1082.64mg (30.93%), Vitamin E: 4.01mg (26.75%), Vitamin B3: 5.19mg (25.93%), Vitamin B1: 0.35mg (23.39%), Zinc: 3.26mg (21.72%), Vitamin B2: 0.36mg (21.33%), Calcium: 200.85mg (20.08%), Selenium: 12.96µg (18.51%), Vitamin B5: 1.44mg (14.41%)