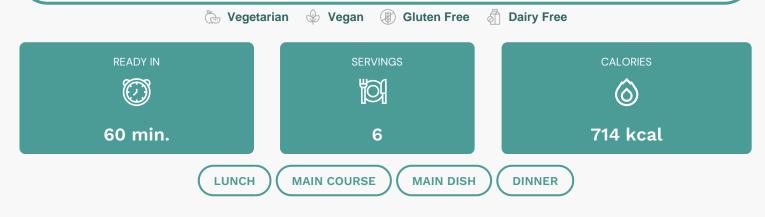


Spicy Thai Coconut Quinoa



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
E~	ujinmant
⊑q —	uipment
╝	food processor
	bowl
	frying pan
	paper towels
	sauce pan
	sieve
	slotted spoon
	colander
Diı	rections
	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.

	in a colander and place in the bowl with the quinoa and carrots. the cooked tofu, dressing, and scallions to the bowl and stir to combine. ish with additional cilantro, peanuts, and scallions before serving. Nutrition Facts
	the cooked tofu, dressing, and scallions to the bowl and stir to combine.
Garni	
Add t	in a colander and place in the bowl with the quinoa and carrots.
Drain	
slotte	the carrots to the boiling water and cook until crisp-tender, about 2 minutes. Using a ed spoon, remove them to the bowl with the quinoa. Return the water to a boil, add the coli, and cook until crisp-tender, about 3 minutes.
(While	the tofu and cook without stirring until the bottoms are golden brown, about 4 minutes. e the tofu is cooking, line the plate you drained it on with fresh paper towels.) Flip and until the other sides are golden brown, about 3 to 4 minutes more. Using a slotted n, remove to the paper-towel-lined plate and season with salt; set aside.
plate; stem white large; with s	the tofu, cut it into large dice, and place it in a single layer on the paper-towel-lined; set aside. Trim the carrots and cut them into 1/8-inch-thick rounds; set aside. Trim the of the broccoli to 1/2 inch and cut the head into 1-inch florets; set aside. Thinly slice the and light green parts of the scallions; set aside. When the quinoa is ready, remove it to a serving bowl and set aside. Wash the saucepan, fill it with water, and season generously salt. Cover with a tightfitting lid and bring to a boil over high heat. Meanwhile, heat the oil arge nonstick frying pan over medium-high heat until shimmering.
to cor stirrin transl	e in a large saucepan; add the coconut milk, vegetable broth, and measured salt; and stire in a large saucepan; add the coconut milk, vegetable broth, and measured salt; and stire in a large place with several so of paper towels.

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, 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: Omg (0%), Sodium: 1394.56mg (60.63%), Alcohol: Og (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%)