



WHATSheATE



## Vegetarian Coconut Curry with Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 teaspoon brown sugar
- ☐ 1.5 cup coconut milk canned
- ☐ 6 servings pean nut oil as needed for wok
- ☐ 2 cup cauliflower cut into florets
- ☐ 3 teaspoon chili paste depending on your taste pref thai style to taste
- ☐ 0.3 cup baking-type coconut shredded unsweetened dry
- ☐ 4 clove garlic minced peeled
- ☐ 1 juice of lime

- ☐ 5 kaffir lime leaves
- ☐ 1 cup snow peas whole cut in half
- ☐ 3 tablespoon soya sauce
- ☐ 2 cup spicy tofu firm drained cut into cubes
- ☐ 2 cup vegetable stock
- ☐ 1 leaves cilantro as garnish to taste

## Equipment

- ☐ bowl
- ☐ stove
- ☐ wok

## Directions

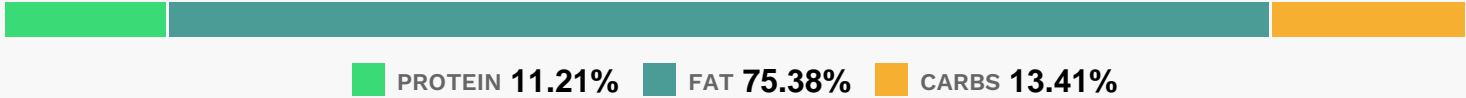
- ☐ Heat a large wok over medium heat.
- ☐ Place shredded coconut in the dry wok. Stir continuously until the coconut is nicely toasted. Tip toasted coconut into a bowl to cool. Return the wok to the stove. Raise the temperature to medium-high.
- ☐ Add 2 Tbsp. peanut oil plus the onion, ginger, and garlic. Stir-fry 1-2 minutes, or until onion begins to soften and the garlic is fragrant. Turn the heat to high.
- ☐ Add stock plus kaffir lime leaves, chili sauce, and most of the toasted coconut (reserve 1 to 1½ Tbsp. for garnish). Stir everything together.
- ☐ Add the sweet potato (or yam) and cauliflower. Bring to a boil, then reduce heat to medium. Simmer 8-10 minutes until the vegetables begin to soften.
- ☐ Add the mushrooms, and tofu, stirring to incorporate. Cover and simmer 2 more minutes.
- ☐ Add the bell pepper and snow peas, simmer 2-3 minutes, or until snow peas have softened but are still bright green. Turn heat down to low and add the coconut milk plus the soy sauce, stirring to dissolve.
- ☐ Add the coconut milk to taste, depending on how creamy or how much sauce you want with your curry.
- ☐ Remove from heat and do a taste-test for salt and spice, adding more chili paste, soy sauce or salt as needed. To serve: scoop the curry onto individual plates or into serving bowls. Top

with fresh cilantro and a sprinkling of the reserved toasted coconut.

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Serve jasmine or brown rice on the side.

## Nutrition Facts



### Properties

Glycemic Index:24.5, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:10.866521804229%

### Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

### Nutrients (% of daily need)

Calories: 379.7kcal (18.98%), Fat: 33.19g (51.07%), Saturated Fat: 15.15g (94.67%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 9.77g (3.55%), Sugar: 6.19g (6.88%), Cholesterol: 0mg (0%), Sodium: 841.01mg (36.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.22%), Manganese: 0.77mg (38.56%), Vitamin C: 30.18mg (36.58%), Vitamin K: 19.39µg (18.47%), Vitamin E: 2.66mg (17.71%), Iron: 2.82mg (15.66%), Fiber: 3.52g (14.08%), Calcium: 135.48mg (13.55%), Copper: 0.22mg (11.17%), Phosphorus: 103.9mg (10.39%), Potassium: 345.97mg (9.88%), Folate: 38.77µg (9.69%), Magnesium: 37.11mg (9.28%), Vitamin B6: 0.16mg (7.92%), Vitamin A: 352.05IU (7.04%), Selenium: 4.78µg (6.82%), Vitamin B3: 1.16mg (5.8%), Vitamin B5: 0.52mg (5.18%), Vitamin B1: 0.07mg (4.79%), Zinc: 0.64mg (4.29%), Vitamin B2: 0.05mg (3.07%)