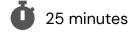




# **Curried Tofu Bowl**

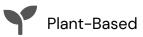
# with Brown rice

Quick and easy curry using Island Curries spice paste, mixed vegetables and coconut milk. Served with nutty brown rice and topped with toasted shredded coconut.





2 servings



# Spice it up!

This is a family friendly curry. If you prefer some heat add some fresh grated ginger and either fresh chilli or chilli flakes to taste.

TOTAL FAT CARBOHYDRATES

72g

#### FROM YOUR BOX

BROWN RICE	150g
SHREDDED COCONUT	1 packet (50g)
BROWN ONION	1
CURRY PASTE	1 sachet
CARROTS	2
GREEN CAPSICUM	1
FIRM TOFU	1 packet (300g)
COCONUT MILK	400ml
GREEN BEANS	1 bag (150g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

We used coconut oil for added flavour.

If you have some limes on a hand add a wedge when serving.



#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



## 2. TOAST THE COCONUT

Toast coconut in a large frypan over medium-high heat for 1-2 minutes, or until golden. Remove and keep pan over heat.



#### 3. COOK THE ONION

Slice and add onion with **oil** (see notes), cook for 3 minutes then add curry paste along with **1/2 tbsp turmeric**. Cook for a further 1 minute.



# 4. ADD THE VEGETABLES

Roughly chop carrots and capsicum. Add to pan along with roughly crumbled tofu, coconut milk and 1/2 tin water. Simmer, semi-covered, for 10 minutes.



# 5. ADD THE BEANS

Trim beans and cut into 3cm lengths. Add to curry and cook for a further 2 minutes. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide rice among bowls and top with curry. Garnish with toasted coconut (see notes).

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **O481 O72 599** or send an email to **hello@dinnertwist.com.au** 



