



### Product Spotlight: Coconut Cream

This is a rich, thick liquid made from simmering shredded coconut for a long time. It is thicker and more rich than coconut milk. It's great for adding extra body to curries (or desserts!) without adding dairy.



## Coconut Curry Soup with Golden Tofu

Smooth coconut curry soup flavoured with ginger and our hand-blended custom curry spice mix topped with golden pan-fried tofu, crispy seed mix and finished with a squeeze of lime.



35 minutes



2 servings



Plant-Based

## Make a curry!

*Slice all the vegetables and cook with crushed garlic, ginger and curry spice mix. Add diced tofu, coconut cream and simmer. Serve with rice.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	29g	65g	86g

## FROM YOUR BOX

GINGER	1 piece
BROWN ONION	1
SWEET POTATO	400g
ZUCCHINI	1
CURRY SPICE MIX	1 packet
COCONUT CREAM	400ml
CRISPY SEED TOPPING	1 packet
LIME	1
TOFU	1 packet
RED CAPSICUM	1
CORIANDER	1 packet



### 1. SAUTÉ THE AROMATICS

Grate **ginger**, chop **onion** and **sweet potato**. Place in a saucepan with **2 tbsp oil**. Cook over medium-high heat for 2 minutes.



### 2. SIMMER THE CURRY BROTH

Dice and add **zucchini** along with **curry spice mix** and cook for 1 minute. Stir in **coconut cream** and **2 cups water**. Bring to a boil and simmer, covered, for 15 minutes or until **sweet potato** is soft (see step 5).



### 3. TOAST THE SEED TOPPING

Heat a frypan with **1/2 tbsp oil** over medium heat (see notes). Add **crispy seed topping** and toast for 4-5 minutes until golden. Season with **1 tsp soy sauce and pepper**. Remove to a plate, reserve pan.



### 4. BLEND THE SOUP

Use a stick mixer to blend the soup until smooth. Add more **water** if needed.

Add **lime zest** and **1/2 lime juice** (wedge remaining) along with **1-2 tbsp soy sauce**. Stir to combine.



### 5. PAN-FRY THE TOFU

Pat dry **tofu** using paper towel (press gently) then dice. Reheat frypan over medium-high heat with **oil**. Cook **tofu** until lightly golden. Add **1 tbsp of pureed soup**, continue to cook for 5 minutes turning, or until golden brown.



### 6. FINISH AND SERVE

Dice **capsicum** and chop **coriander**.

Serve **soup** in bowls topped with **capsicum, coriander** and **tofu**. Sprinkle with **seed topping** and garnish with a **lime wedge**.

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce

## KEY UTENSILS

saucepan, large frypan, stick mixer or blender

## NOTES

Use coconut oil or sesame oil to toast the seeds.

*Curry spice mix: curry power, ground cumin, ground coriander, ground paprika, brown sugar, ground cardamom.*

*Crispy seed topping: pepitas, sunflower seeds, fried shallots.*



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