

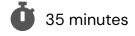




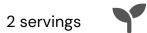
# **Coconut Curry Soup**

# 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.







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.

# **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

#### 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.



Scan the QR code to submit a Google review!



# 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.

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 0481 072 599 or send an email to hello@dinnertwist.com.au



