



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coconut Milk

Coconut milk is lactose-free and derived from the flesh of the coconut. It gives a great background flavour to curries and dressings.



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



4/6 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	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	19g	25g/30g	42g/51g

FROM YOUR BOX

	4 PERSON	6 PERSON
GINGER	2 pieces	2 pieces
BROWN ONION	1	2
SWEET POTATO	800g	1.2kg
ZUCCHINI	1	2
CURRY SPICE MIX	1 packet	2 packets
COCONUT MILK	400ml	2 x 400ml
CRISPY SEED TOPPING	1 packet	2 packets
LIME	1	2
TOFU	2 packets	3 packets
RED CAPSICUM	1	1
CORIANDER	1 packet	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 milk** and **4 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 **2-3 tbsp soy sauce**. Stir to combine.

6P – add **lime zest and juice from 1 lime** (wedge remaining) along with **3-4 tbsp soy sauce**.



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 **2 tbsp of pureed soup**, continue to cook for 5 minutes turning, or until golden brown.

6P – add **3tbsp of pureed soup**.



6. FINISH AND SERVE

Dice **capsicum** and chop **coriander**. Serve soup in shallow 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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