

Tofu Thai Green Curry

Web Recipe · Dinner · GF

410 cal · 22g protein · 38g carbs · 20g fat · 5 servings

Ingredients

- 1 block (14 oz) extra-firm tofu pressed and cubed
- 1 can (14 oz) full-fat coconut milk
- 3 tbsp Thai green curry paste
- 1 cup vegetable broth
- 1 large zucchini halved and sliced
- 1 red bell pepper sliced
- 1 cup sugar snap peas
- 1 cup baby corn halved
- 1 tbsp coconut oil
- 2 tbsp soy sauce
- 1 tbsp maple syrup
- juice of 1 lime
- 1/2 cup fresh Thai basil leaves
- 1 cup shelled edamame
- 2.5 cups cooked jasmine rice

Instructions

1. Press and cube tofu. Heat coconut oil in a large pan over medium-high heat. Pan-fry tofu until golden on all sides. Remove and set aside.
2. In the same pan, cook green curry paste for 1 minute until fragrant.
3. Add coconut milk and vegetable broth. Stir to combine.
4. Add zucchini, bell pepper, sugar snap peas, and baby corn. Simmer 8 minutes until vegetables are tender.
5. Add edamame, soy sauce, maple syrup, and the fried tofu. Cook 3 more minutes.
6. Finish with lime juice and fresh Thai basil leaves.
7. Serve over jasmine rice.

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