



Tofu Vegetables Curry with Zucchini Noodles (OP W)

Serving: 1

Veg

Ingredients

- 1 Teaspoon toasted sesame oil
- 100g package extra-firm tofu, cut into 1/2-inch pieces
- 100 ml can coconut milk
- 1 tablespoons red curry paste
- 1 teaspoon lime juice
- 1 medium cloves garlic, grated
- To taste Salt
- 5-6 Piece sliced mushrooms
- 1 big scallions, cut into 1-inch pieces
- 1 cup chopped kale
- 1 cup zucchini noodles (spiralized zucchini)

Preparation Method

- Heat sesame oil in a large nonstick skillet over medium-high heat. Pat tofu dry and add to pan. Cook in a single layer, without stirring, until the pieces turn golden, about 4 minutes. Gently stir and continue cooking, stirring occasionally, until golden all over, 4 minutes more. Transfer to a plate.
- Meanwhile, whisk coconut milk, curry paste, lime juice, garlic and salt in a small bowl.
- Add avocado oil, mushrooms and scallions to the pan. Cook, stirring, until the mushrooms have released their liquid and started to brown, about 5 minutes. Add kale, the sauce mixture and the tofu and cook, stirring, until the kale is wilted, the sauce has thickened and the tofu is heated through, about 2 minutes. Transfer to a bowl.
- Add zucchini noodles to the pan and cook, stirring, until heated through, about 1 minute. Serve the curry over the noodles