



SPOTLIGHT RECIPE

COCONUT CURRY TOFU WITH BROCCOLI AND MIXED MUSHROOM STIR-FRY AND STEAMED RICE

Coconut Curry Tofu with Vegetables and Rice is a vibrant, plant-based meal defined by its rich, creamy sauce and a balanced profile of sweet, savory and aromatic flavors.

SERVES 8



For ingredients and cooking directions, please scan the QR code.

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INGREDIENTS

- 2 pounds tofu, cubed
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon canola oil
- 2 tablespoons curry powder
- 1 cup broccoli florets
- 1 cup zucchini, sliced
- 1 cup mushrooms
- 2 cups yellow onions, julienned
- 2 garlic cloves, crushed
- 14 ounces coconut milk
- 2 cups plum tomatoes, diced
- 1 cup red bell peppers, julienned
- 1/2 cup cilantro, chopped
- 11 teaspoons granulated sugar
- 3 cups water
- 2 cups jasmine rice
- 1 teaspoon salt

DIRECTIONS

Season the tofu with salt and black pepper. Set aside.

In a pot, heat the oil on medium heat and add curry powder; cook 2 minutes. Stir in the broccoli, zucchini, mushroom, onions and garlic, and cook 3 minutes.

Add the tofu, tossing lightly to coat it with the curry oil. Reduce the heat to low and cook 7 to 10 minutes until the internal temperature reaches 165 F.

Pour the coconut milk, tomatoes, bell peppers, cilantro and sugar into the pot and stir to combine. Cover and simmer, stirring occasionally, for 8 minutes.

In a pot, add the water and bring it to a boil. Add rice and the salt, turn the heat to low, cover the pot and cook 20 minutes.

