Tofu & Broccoli Green Curry

4 servings
30 minutes

Ingredients

350 grams Tofu (extra firm, pressed cut into small cubes)

1/4 cup Coconut Aminos

1/3 cup Green Curry Paste

3 cups Canned Coconut Milk

6 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	485
Fat	39g
Carbs	22g
Fiber	6g
Sugar	10g
Protein	15g
Vitamin C	122mg
Calcium	318mg
Iron	3mg
Vitamin D	0IU
Folate	94µg
Vitamin B12	0µg
Magnesium	59mg
Zinc	1mg

Directions

1. In a mixing bowl combine the tofu and coconut aminos. Toss to combine. Let the tofu marinate while preheating the oven.

2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.

3. Arrange the tofu on the baking sheet and bake for 22 to 25 minutes, flipping halfway through.

4. Combine the curry paste and coconut milk in a pan over medium heat. Stir to combine then bring to a simmer.

5. Add the broccoli to the pan and cook uncovered for five to eight minutes or until the broccoli is tender. Stir in the baked tofu. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Short of Time: A very big short cut with this recipe is to use Cauldron ready marinated tofu pieces. These are available in supermarkets. You can then simply add the ready marinated tofu at the last minute.

Extra Flavour: Add fresh ginger, garlic, lime juice, fresh coriander or basil.

Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.

Curry Paste: Brands of curry paste differ so start with less curry paste and adjust to taste if needed. Look for a brand that does not contain sugar or additives.

Consistency: For a thinner curry add vegetable stock.

No Coconut Aminos: Use tamari or soy sauce instead.