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Colourful Tofu, Vegetables and Chickpeas in Coconut Milk



20-30min



4 Portions

Up your veggie serves for the day all in one go with this flavoursome vegetarian curry. Onion, capsicum, carrot and beans turn this dish into a colourful delight, while the chickpeas and rice make this a substantial dinner that you and the whole family will love.

What we send

- coconut milk
- vegetarian massaman curry paste ⁶
- lime
- hard tofu ⁶
- cashews ¹⁵
- edamame ⁶
- green beans
- chickpeas
- baby carrot
- red capsicum
- ginger
- onion
- jasmine rice

What you'll require

- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- grater
- large saucepan
- large sieve
- medium saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

For a stronger curry, add more curry paste.

Allergens

Soy (6), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 700.0kcal, Fat 19.3g, Proteins 28.5g, Carbs 97.1g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 320ml water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins.



2. Prepare vegetables

Cut the **onion** in half and thinly slice. Peel and finely grate the **ginger**. Zest and juice half the **lime**, cut remaining half into wedges. Discard **capsicum** membrane and seeds and thinly slice. Peel the **carrots** and halve any larger ones. Drain and rinse the **chickpeas**.



3. Start curry

Heat 1 tbs **oil** in a large saucepan over medium heat. Stir-fry the **onion**, **ginger** and **capsicum** for 2-3 mins. Add 1 tbs of **curry paste** for a mild curry (see cooking tip) and stir-fry for 1 min or until fragrant.



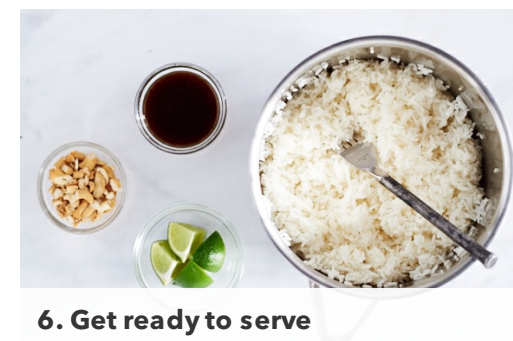
4. Add milk and carrots

Add the **carrots** and **coconut milk**. Bring to a simmer and simmer, covered, for 5 mins. Drain the **tofu** on some paper towel, removing any excess liquid. Cut the tofu into bite-size cubes.



5. Add tofu and beans

Meanwhile, trim ends of **green beans** and cut into thirds. Add green beans, **edamame** and **chickpeas** and simmer, covered, for 6-8 mins until all vegetables are tender. Add the tofu and gently stir to combine.



6. Get ready to serve

Meanwhile, coarsely chop the **cashews**. Add 1 tbs **soy sauce**, 1 tbs **lime juice** and 1 tsp **sugar**, to taste, into the **tofu mixture**. Simmer, uncovered, for 1 min. Fluff up **rice** with a fork. Spoon the **curry** over the rice and sprinkle with **cashews** and **lime zest**. Serve with **lime wedges**.