



Turmeric Coconut Curry

of Silken Tofu and Vegetables



20-30min



2 Portions

Taste the difference a fresh curry paste makes in this mild and creamy vegetarian curry. With protein-rich tofu, plenty of vegetables and high-fibre nutty brown rice, this dinner is both satisfying and wholesome.

What we send

- shallot, garlic, long red chillies, ginger, coriander
- carrots
- firm silken tofu 6
- coconut milk
- broccoli
- baby spinach leaves
- ground turmeric
- brown rice

What you'll require

- sea salt flakes
- soy sauce 6
- sugar
- vegetable oil
- water

Utensils

- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

You can also make the curry paste by finely chopping the ingredients and combining everything by hand.

Allergens

Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 685kcal, Fat 26.4g, Carbs 73.5g, Proteins 31.8g



1. Cook brown rice

Rinse the **rice** in a sieve under running water. Put in a medium saucepan and cover with plenty of cold water. Bring to the boil over medium-high heat, then reduce heat to a simmer and cook for 25 mins or until the rice is tender. Drain in a sieve and keep warm.



2. Prepare curry paste

While the rice is cooking, peel the **ginger**, then coarsely chop. Coarsely chop the **shallot, chillies** and **garlic**. Using a stick blender, blender or small food processor, process the **ginger, shallot, chilli, garlic, turmeric, sugar, water** (see staples list) and **salt** to a paste.



3. Cook curry paste

Heat the **oil** in a wok over medium heat. Add the **curry paste** and cook, stirring, for 1-2 mins or until fragrant. Add the **coconut milk** and bring to the boil over medium heat. Cook for 5 mins or until fragrant.



4. Prepare ingredients

Meanwhile, cut the **broccoli** into small florets and peel and coarsely chop the stem. Peel and thinly slice the **carrots**. Finely chop the **coriander**, including the stems. Carefully remove the **tofu** from the packet following the packet instructions and taking care so it doesn't break. Drain on paper towel, then cut into 3cm cubes.



5. Add vegetables and tofu

Add the **carrot** to the wok and cook for 2 mins. Add the **broccoli** and cook for a further 2 mins or until almost tender. Add the **soy sauce, spinach** and **tofu**, and stir gently for a further 2 mins or until the spinach has wilted and the tofu has warmed through.



6. Get ready to serve

Stir the **coriander** through the curry. Divide the **rice** among bowls and top with the curry to serve.