





## Turmeric Coconut Curry

of Silken Tofu and Vegetables

 20-30min  4 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

- shallots, garlic, long red chillies, ginger, coriander
- carrots
- broccoli
- coconut milk
- firm silken tofu <sup>6</sup>
- ground turmeric
- baby spinach leaves
- brown rice

## What you'll require

- sea salt flakes
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## Utensils

- paper towel

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

## Cooking tip

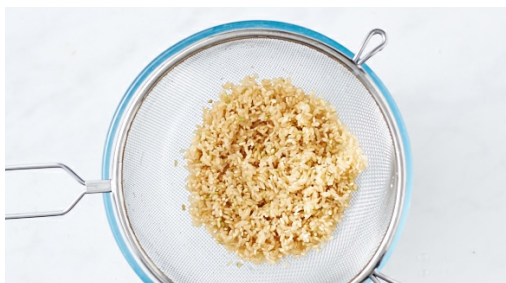
You can also make the curry paste by finely chopping the ingredients and combining everything by hand.

## Allergens

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

## Nutrition per serving

Energy 635kcal, Fat 22.4g, Carbs 72.2g, Proteins 29.6g



### 1. Cook brown rice

Rinse the **rice** in a sieve under running water. Put in a large 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.



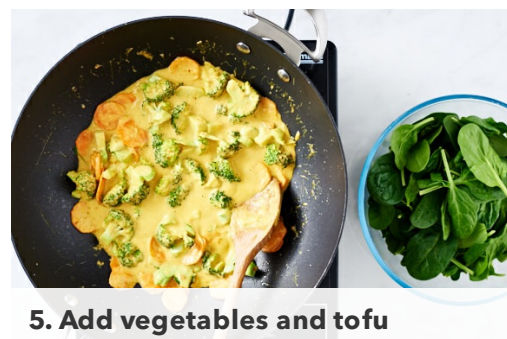
### 4. Prepare ingredients

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.



### 2. Prepare curry paste

While the rice is cooking, peel the **ginger**, then coarsely chop. Coarsely chop the **shallots, 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.



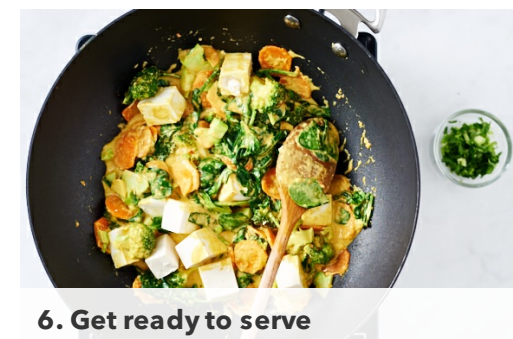
### 5. Add vegetables and tofu

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.



### 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.



### 6. Get ready to serve

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