

# 30 Minute Coconut Curry

## Ingredients

YIELDS: 6 servings    PREP TIME: 40 minutes

- 1 tbsp (15 ml) vegetable oil
- 225 g (1/2 lb) firm tofu
- 1 small onion
- 4 cloves garlic
- 1 small piece fresh ginger (about 1 tbsp minced)
- 2 tbsp (30 ml) curry powder
- 3 cups (1 bunch or 750 ml) broccoli
- 2 carrots
- 1 cup (250 ml) snow peas or green beans
- ½ tsp (2 ml) salt
- 1 tsp (5 ml) sugar
- 1 – 14 oz can coconut milk
- ½ cup (125ml) water

EQUIPMENT: Spatula / Strainer / Skillet or large saucepan / measuring spoons / wooden spoon / dry measuring cups / liquid measuring cup / cutting boards / knives / can opener

## Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Cube tofu. Heat the skillet to medium heat. Add half the oil (1/2 tbsp) to the skillet. Add tofu and pan fry until slightly brown. Set aside.
- 3) Prepare vegetables: Dice the onion. Mince garlic and fresh ginger. Chop broccoli into small florets. Dice carrots.
- 4) Add remaining oil (1/2 tbsp) to the skillet with the onion, garlic, ginger and curry powder. Stir fry for one minute. Add broccoli and carrots. Cook, stirring frequently, until softened (about 5 minutes).
- 5) Add salt, sugar, coconut milk and water. Bring to a simmer then reduce heat slightly and continue cooking for 8-10 minutes.
- 6) Add in the snow peas and tofu in the last few minutes to heat through.
- 7) Serve with rice or noodles.

### Chef's Tip



*Not a tofu fan? You can substitute tofu for pre-cooked diced chicken.*

*Let's Get Cookin'!*

