30 Minute Coconut Curry

YIELDS: 6 servings

PREP TIME: 40 minutes

Ingredients

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