



# COCONUT CURRIED RICE WITH TOFU

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 700/SERVING



Creamy coconut rice gets an upgrade with the help of warming spices, crispy tofu, and a ton of vegetables. With a squeeze of fresh lime at the end, this meal is perfect for when you're craving something quick and comforting.

## WHAT YOU'LL NEED

- Medium pot
- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Basmati rice	1 cup	2 cups
Curried coconut milk	1/2 cup	1 cup
Tofu	150 g	300 g
Garlic	2 cloves	4 cloves
Onion	1	2
Bell pepper	1	2
Green beans	1 cup	2 cups
Broccoli	½ - 1 head	1 - 2 heads
Lime	1	1



Prep your ingredients: rinse the **rice**, thinly slice the **garlic**, dice the **onion**, **bell pepper**, and **green beans**, cube the **tofu**, cut the **lime** into wedges, and cut the **broccoli** into small florets.



Add **rice** to a small pot with 1.5 cups of **water** (3 cups for 4 servings), the **curried coconut milk**, and a pinch of **salt** and **pepper**. Bring to a boil, cover, then lower to a simmer for 15-20 minutes until the liquid is absorbed. Fluff with a fork.



Meanwhile, in a large pan, heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Once hot, add the **tofu** and fry until all sides are crispy.



Add the **garlic** and **onion** and sauté for 5 minutes, then add the **broccoli**, **peppers**, and **green beans** and cook until tender. Season with **salt** and **pepper**.



Mix the **rice** into the pan with the **vegetables** and **tofu** and toss until fully combined.



Divide between bowls and serve with **lime wedges**.

Nutrition Facts	
Valeur nutritive	
Per Serving (632 g) pour 1 (632 g)	
<b>Calories 700</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides</b> 26 g	35 %
Saturated / saturés 13 g	65 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 104 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 10 g	10 %
<b>Protein / Protéines</b> 25 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 115 mg	5 %
Potassium 1500 mg	32 %
Calcium 400 mg	31 %
Iron / Fer 6.5 mg	36 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	