



COCONUT LIME TOFU

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 1120/SERVING



Crispy oven baked tofu cubes in a savoury coconut broth loaded with fresh veggies, served over long grain rice.

WHAT YOU'LL NEED

- Pot
- Wok or large deep pan
- Baking tray
- Silicone mat (optional)

- Oil



WHAT'S INSIDE

2 servings 4 servings

Tofu	400 g	800 g
Green pepper	1	2
Carrot	1	2
Lime	1	1
Shallots	2	4
Garlic	2 cloves	4 cloves
Peas	1/2 cup	1 cup
White rice	1 cup	2 cups
Coconut broth	1 ¾ cups	3 ½ cups

Nutrition Facts Valeur nutritive	
Per (796 g) pour 1 (796 g)	
Calories 1120	% Daily Value*
Fat / Lipides 64 g	% valeur quotidienne*
Saturated / saturés 40 g	85 %
+ Trans / trans 0 g	200 %
Carbohydrate / Glucides 105 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 37 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 920 mg	40 %
Potassium 1000 mg	29 %
Calcium 400 mg	31 %
Iron / Fer 15.5 mg	86 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat oven to 425°F. Prep ingredients: cut **tofu** into cubes, peel and slice **carrot** into thin slices, chop **pepper** into thin strips, dice **shallot** and **garlic**. Rinse **rice**, then add to a pot with 2 cups of **water** (4 cups for 4 servings), and bring to a boil. Once boiling, cover and reduce heat to low and steam for 10-15 minutes.



While rice cooks, toss **cubed tofu** with **oil** in a bowl and place on baking tray with a silicone mat. Bake in oven for 12 minutes. Meanwhile, heat wok or frying pan over medium heat and add a splash of **oil**.



Add **pepper, carrots, shallots,** and **garlic** to pan and cook for 5-6 minutes, until veggies begin to soften.



Add **coconut broth, peas,** and 3/4 cup of water (1.5 cups for 4 servings). Lower heat and bring to a gentle simmer, and add a squeeze of **half the lime**.



Add **baked tofu cubes** and continue simmering for another 5 minutes. Meanwhile, fluff the **rice** and serve into bowls.



Use a large spoon or ladle to pour **coconut tofu broth** on top of **rice**. Slice the **remaining lime** into wedges and serve.