



COCONUT CURRIED RICE WITH TOFU AND CRANBERRIES

FAST. EASY. FRESH.

1. Start by prepping your ingredients. Dice half (or use all of it if you're a fan!) your **tofu** into 1-inch cubes and place into a small bowl with your **Tofu Spices** (1/2 tsp. **curry powder**, **garlic powder**, and **cayenne**), 1 tsp. **olive oil**, and a good pinch of **salt** and **pepper**. Stir to coat evenly and then place in the fridge to marinate.

2. Next, peel and mince the **garlic**, de-seed and dice the **sweet bell pepper**, peel and dice the **onion**, and peel and thinly slice the **carrot** into half-moons.

3. Heat ½ Tbsp. of **olive oil** in a medium pot over medium-high heat. Once hot, add the **tofu** and cook for 3-6 minutes, stirring occasionally, until it begins to brown and crisp up. Remove from the pan onto a plate and set aside.

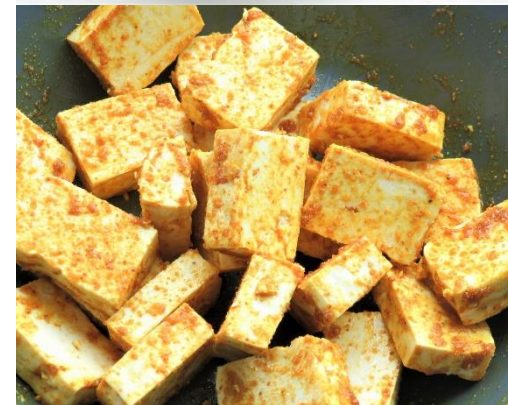
4. Next, add ½ Tbsp. of **olive oil** to the same pot over medium heat. Add the **onion**, **mushrooms**, **pepper**, **carrot**, and **garlic**. Cook for 5 minutes until the mushrooms and onion begins to cook down.

5. Add the **basmati rice**, half the can of **coconut milk** (save the rest for another use!), **water**, **peas**, **curry powder**, and **turmeric** and season well with **salt** and **pepper**. Bring the mixture to a light boil, then cover, reduce heat to low, and cook for 20-30 minutes, until the water is absorbed, then remove from the heat and let sit for 5 minutes before fluffing the rice with a fork.

6. Before serving, add the cooked **tofu**, **cranberries**, and roughly torn **cilantro** and stir to combine. To serve, spoon into dishes and enjoy!

Ingredients (2 Person Serving – 864 Calories Per Serving)

Extra-Firm Tofu	175 g	Carrot	1
Olive Oil	4 tsp.	Basmati Rice	1 Cup
Yellow Curry Powder	2 tsp.	Coconut Milk	1 400 ml Can
Garlic Powder	¼ tsp.	Water	1 Cup
Cayenne	Pinch	Frozen Peas	½ Cup
Garlic	2 Cloves	Turmeric	¼ tsp.
Sliced Mushrooms	110 g	Cranberries	¼ Cup
Yellow Onion	1 Small	Cilantro	Small Bunch
Sweet Bell Pepper	1	Salt and Pepper	To Taste



45 Minute Cook Time!