



Green Curry Tofu



PREP TIME
15 min

COOK TIME
30 min

SERVINGS
4

Ingredients

- 6 ounces firm tofu
- 2 teaspoons olive oil
- pinch of salt, or to taste
- 1 sweet potato, peeled and cubed
- 2 tablespoons green curry paste
- 1, 14-ounce can coconut milk
- $\frac{3}{4}$ cup water
- 1 $\frac{1}{2}$ cups broccoli florets (fresh or frozen)

Recipe Notes

For extra flavor, top the finished curry with chopped fresh cilantro, a handful of golden raisins, and/or a dash of fish sauce. Swap another favorite protein like chicken, beef strips or chickpeas. For a filling and healthy meal, serve the curry over brown rice.

Procedure

- Press tofu using paper towels and a heavy object (try a textbook!) to remove water.
- Cut tofu into cubes. In a large pot, heat the olive oil over medium high heat. Add tofu cubes, sprinkle with salt, and pan fry for 10-15 minutes, until golden brown. Remove tofu from pot and set aside.
- Add sweet potatoes, coconut milk, water, and curry paste to the pot. Simmer for 5-10 minutes until potatoes are fork-tender. Add broccoli and tofu. Simmer for 3-5 minutes until broccoli is bright green.

