Green Curry Tofu

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
- ¾ cup water
- 1½ cups broccoli florets (fresh or frozen)

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.

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.

SERVINGS 4
PREP TIME 15 min
COOK TIME 30 min

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