


Coconut Curry Tofu

 Ready in 30 minutes



Meal Type:

LUNCH OR DINNER

Preparation Difficulty:

EASY

Program Phase:

ALL PHASES

Preparation Time:

PREP: 10 minutes

COOK: 20 minutes

ADAPTED FROM: SheLikesFood

INGREDIENTS (3-4 SERVINGS):

1 teaspoon coconut oil

1 (14oz) package extra firm tofu

1-2 teaspoons low sodium soy sauce or coconut aminos

1 1/2 cups small broccoli florets

1 cup small diced carrot

1 clove garlic, minced or grated

1 can unsweetened coconut milk

2 teaspoons curry powder

1 1/2 teaspoons garam masala

3/4 teaspoon salt

Optional toppings: roasted cashews, cilantro, lime wedges, green onion

1. Pat tofu dry (you can press it if you like but that will take longer than 30 minutes) and cut into bite size pieces. Heat a large pan over medium heat and add coconut oil, tofu and soy sauce/coco aminos. Stir, cover with a lid and let cook until browned, 5-7 minutes, stirring occasionally.
2. Add the garlic and all the vegetables and cook another 3 minutes. Next, add the coconut milk, curry powder, garam masala and salt. Stir everything together well, cover with a lid and let cook until vegetables are tender, about 5 minutes.
3. Divide evenly into 3-4 servings and top with any optional toppings. Enjoy!



**TIP: THESE VEGETABLES ARE SUGGESTIONS!
ADD ANY VEGGIES YOU LIKE (AS LONG AS
THEY ARE PHASE APPROVED)**

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