

Coconut Pumpkin Curry with Rice

TEAM
USA



Source: ambitiouskitchen.com

Ingredients

Seared tofu

14 oz. block extra firm tofu,
cut into 1" cubes
2 tsp. vegetable oil
1/4 tsp. salt
1/8 tsp. black pepper

Rice

1 cup rice, basmati if available
1-3/4 cup water

Curry

1 tsp. vegetable oil
2 cups zucchini, diced
1 cup onion, diced
1 cup red pepper, diced
2 tbs. garlic, minced
1-1/2 tbs. ginger, minced
1-3/4 cups light coconut milk
(a 13.5 oz. can)
3/4 cup pumpkin puree
1-1/2 tbs. curry powder
1/4 tsp. salt
1/8 tsp. black pepper
Cayenne to taste
Basil and/or cilantro to garnish
Lime wedge to garnish

Difficulty:



Prep Time: 45 minutes

Servings: 4 servings

Dietary: GF, Vegan

Nutrition per 1/4 recipe

Calories: 478

Carbohydrates: 62g

Protein: 19g

Fat: 16g

Fiber: 8g

Sodium: 325mg

Directions

1. Prepare the rice: Clean rice by rinsing well with water. Place the 1-3/4 cups water in a pot. Heat on high until it starts to boil, then add the rice. When water comes back to a boil, lower the heat to bring water to a gentle simmer and cover pot with a lid. Let cook for about 15 minutes, until rice is cooked through and water has been absorbed.
2. Prepare the curry: Heat a large pan on medium heat. When hot add 2 tsp. of oil, swirl around and place the tofu cubes in the pan. Season with the salt and pepper. When the tofu has seared on the bottom, toss around to sear on another side. Repeat until most sides are well seared. Remove from pan and reserve.
3. Return pan to the heat, add 1 tsp. vegetable oil and swirl around. Add the onion, zucchini and peppers. Saute until about half cooked through. Add the garlic and ginger, cook another minute.
4. Add the coconut milk, 1/4 cup water, pumpkin, curry powder, salt and pepper. Mix well. Bring to a simmer and let cook a couple of minutes until veggies are tender throughout. Add the tofu and mix well. Add a little more water if needed for a smooth consistency.
5. Serve curry over the rice and garnish with the herbs and a lime wedge to serve.

Recipe Tips

Gently squeeze tofu on multiple sides over the sink to remove excess water. Try other proteins like chicken or shrimp in place of the tofu.