

PUMPKIN & CRISPY TOFU CURRY

Recipe makes 4 servings, per Serving: 1 serving

Calories: 423 Carbohydrates: 34.9 g Protein: 22 g Fat: 29.1 g

INGREDIENTS

- 1 ½ Tbsp coconut oil
- 1 small onion finely chopped
- 2 Tbsp minced ginger (I used gourmet garden)
- 2 Tbsp minced garlic (I used gourmet garden)
- 1 small red chili or serrano pepper (stem + seeds removed then thinly sliced)
- 1 large red capsicum (thinly sliced lengthwise)
- 3 Tbsp Thai curry paste, red or yellow, I use Marion Kitchen)
- 3 ½ cups peeled and cubed pumpkin
- 400ml of light coconut milk (you can sub almond or macadamia milk)
- 1 cup of stock - vegetable or chicken
- 2 Tbsp maple syrup
- 1 tsp ground turmeric
- 1 healthy pinch sea salt
- 1 Tbsp soy sauce
- 1 cup chopped broccoli
- 2 Tbsp lemon juice
- 1 tablespoon of toasted cashews
- 200g of crispy Tofu (see recipe)

FOR SERVING *optional*

- Fresh basil or coriander
- Lemon Juice

DIRECTIONS

1. Heat a large pot over medium heat. Once hot, add coconut oil, onion, ginger, garlic, and pepper. Sauté for 2-3 minutes, stirring frequently.
2. Add capsicum and curry paste and stir. Cook for 2 minutes more. Then add pumpkin and stir. Cook for 2 minutes more.
3. Add coconut milk, maple syrup, turmeric, salt, and soy sauce and stir. Bring to a simmer over medium heat.
4. Once simmering, slightly reduce heat to low and cover. You want a simmer, not a boil, which should be around low to medium-low heat.
5. Cook for 10-15 minutes, stirring occasionally, to soften the pumpkin and infuse it with curry flavour.
6. At this time, also taste and adjust the flavour of the sauce/broth as needed. I added more maple syrup for sweetness, sea salt for saltiness, and a bit more curry paste for a more intense curry flavour. Don't be shy with seasonings - this curry should be very flavourful.
7. Once the broth is well seasoned and the pumpkin is tender, add broccoli, lemon juice, Tofu and cashews and cover. Simmer for 3-4 minutes more over low to medium-low heat.
8. Serve as is or over rice, quinoa, or cauliflower rice. This dish gets elevated with the addition of fresh lemon juice and Thai or regular basil or coriander for serving.
9. Leftovers will keep in the refrigerator up to 3-4 days or in the freezer for 1 month. Reheat on the stovetop or in the microwave until hot.

Nutrition (1 of 4 servings)

Serving: 1 serving**Calories:** 423**Carbohydrates:** 39.9 g**Protein:** 9.1 g**Fat:** 29.1

