

Curry-Spiced Tofu with Asian Vegetables

This Go Red recipe for a Chinese-favorite soup with tofu is a great source of protein.

Prep Time
10 min

Cook Time
10 min

Total Time
20 min

Ingredients

- 12 oz, extra-firm **tofu** (not silken), drained, patted dry, cut into 4 pieces
- 1 Tbsp. **curry powder** (divided use)
- 1 1/2 tsp. **curry powder** (divided use)
- 12 oz, packaged, fresh **stir-fry vegetables**, cut into bite-size pieces if **large** (about 4 cups)
- 1 Tbsp, **water**
- 2 tsp. **canola or corn oil**
- 1 tsp. **toasted sesame oil**
- 1 **large onion**, cut into 3/4-inch wedges
- 4 **large garlic cloves** (minced)
- 1/4 cup **light coconut milk**
- 1/4-1/2 tsp. **chili garlic sauce** or **paste**

Directions

-  Tip: Click on step to mark as complete.
- Put the **tofu** on a **large plate**. **Sprinkle** the **tofu** on both sides with 1 **tablespoon** **curry powder**. Using your fingertips, **gently** **press** the **curry powder** so it adheres to the **tofu**.
- In a **large microwaveable bowl**, microwave the **vegetables** and **water** on 100 percent power (high) for 2 to 3 minutes, or until they are **almost tender-crisp** but still have some crunch. Pour off any remaining **water**.
- In a **large nonstick skillet**, heat the **canola oil** over medium-high heat, **swirling** to coat the bottom. Cook the **tofu slices** in a **single layer** for 3 to 4 minutes on each side, or until browned. Transfer to a separate **large plate**. Cover loosely to keep warm.
- In the same **skillet**, heat the **sesame oil** over medium-high heat, **swirling** to coat the bottom. Cook the **onion** for 1 minute, **stirring frequently**.
- Stir** in the **vegetables** and **garlic**. Cook for 1 to 2 minutes, or until the **vegetables** are **tender-crisp**, **stirring constantly**.
- Stir** in the **coconut milk**, **chili garlic sauce**, and remaining 1 1/2 **teaspoons** **curry powder**. Bring to a **boil**, still over medium-high heat. Spoon the **vegetable mixture** over the **tofu**.

Quick Tips

Tip: Serving size 1 1/2 cups



Calories

151 Per Serving

Protein

10g Per Serving

Fiber

4g Per Serving

Nutrition Facts

Calories	151
Total Fat	6.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	86 mg
Total Carbohydrate	14 g
Dietary Fiber	4 g
Sugars	4 g
Protein	10 g