spicy coconut lime curry with crispy marinated tofu

Makes 4-6 servings

RECIPE ADAPTED FROM: Wandering Chickpea

PREP TIME: 20 minutes

COOK TIME: 40 minutes

FOR THE TOFU

2 14oz blocks extra firm tofu, drained

3 Tbsp olive oil

3 Tbsp lime juice

2 Tbsp miso

1 Tbsp cornstarch

FOR THE CURRY

1 13.5 oz can full-fat unsweetened coconut milk

3 jalapeños, stems removed
(remove seeds for less spice)

1 small bunch cilantro

2 garlic cloves

1 Tbsp oil

2 shallots, thinly sliced

2 large zucchinis, sliced

1 ½ tsp cumin

1 tsp coriander

2 cups green beans, sliced

1 15oz can chickpeas, drained and rinsed

1 tsp salt

juice from 1 lime

FOR SERVING

cooked brown basmati rice, if desired

FOR THE TOFU

SLICE tofu into ½-inch slabs crosswise. Place the pieces on a clean kitchen towel or several sheets of paper towel and gently press and flip to remove excess moisture.

WHISK together oil, lime juice and miso, then pour into a large casserole dish, freezer bag or other flat bottom mixing bowl.

PLACE dry tofu slices into container so they are fully covered by the marinade. Let sit at room temperature for at least 30 minutes, or up to overnight in the fridge.

TO bake, preheat oven to 425ºF and line a rimmed baking sheet with parchment paper.

SPRINKLE a thin coating of cornstarch on the marinated tofu and place in a single layer on the baking sheet.

BAKE for 10-15 minutes, then flip each piece and return to the oven for another 10 minutes or until golden brown and crispy.

FOR THE CURRY

ADD coconut milk, jalapeños, cilantro, and garlic cloves to a high-speed blender. Blend until smooth. Set sauce aside until ready to use.

HEAT oil in a large skillet over medium heat. When shimmering, add shallot and zucchini. Cook for 6-8 minutes or until just beginning to soften.

STIR in cumin and coriander and cook for another 2-3 minutes before adding in the blended curry sauce, green beans, chickpeas and salt.

BRING to a boil and reduce until the sauce has thickened and the vegetables are tender—about 10 minutes.

SQUEEZE in lime juice and add salt to taste if needed. Serve with basmati rice, if desired, crispy tofu and another squeeze of lime juice.

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