



Green Thai Coconut Curry

Servings

6

Calories

530

Prep Time

15 minutes

Total Time

40 minutes

Skill Level

Medium

Ingredients

- 1 (12 ounce) bag Mann's Broccoli & Cauliflower
- 1 (6 ounce) bag Mann's Snow Peas
- 2 tablespoons canola oil
- 2 tablespoons minced fresh ginger root
- 4 cloves garlic, minced
- 3 tablespoons green curry paste
- 1 (14 ounce) can coconut milk
- 2 cups chicken broth, low sodium
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce, low sodium
- 1 (14 ounce) package firm tofu, drained and cubed
- 1 tablespoon lime juice
- 1 (12 ounce) package broad rice noodles, cooked according packaging
- 1/3 cup fresh cilantro leaves
- 1/3 cup chopped roasted peanuts
- 1 red finger chili pepper, seeded and sliced (optional)
- lime wedges, for plating





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The Method

Cut broccoli and cauliflower into bite-size pieces. Trim snow peas and slice in half diagonally.

Heat oil in large wok or skillet set over medium-high heat; cook ginger and garlic, stirring for 1 minute. Add curry paste. Cook, stirring, for 1 minute. Stir in coconut milk, broth, fish sauce and soy sauce and bring to boil.

Add tofu with broccoli and cauliflower. Reduce heat and allow to simmer for about 4 minutes or until vegetables are tender-crisp. Add snow peas and lime juice, cook for 1-2 minutes or until tender. Serve stir-fry over rice noodles. Garnish with cilantro leaves, peanuts, and sliced chili pepper (optional). Plate with lime wedges.

Tip: Alternatively, you can serve the stir-fry over steamed rice instead of rice noodles.

Nutrition Facts

Serving Size 391g | Servings: 6

Amount Per Serving

Calories 530 | Total Fat 27g (sat fat 14g trans 0g) | Cholesterol 0mg | Sodium 1350mg | Total Carbohydrate 63g | Dietary Fiber 3g | Sugars 3g (Includes 0g Added Sugars) | Protein 14g | Vitamin D 0% | Calcium 10% | Iron 35% | Potassium 10%