



FINCH + FENNEL

Thai Coconut Tofu Curry

COOK TIME: 40 minutes

YIELDS: 4-6 servings

INGREDIENTS:

1 lb Tofu, firm or extra-firm

1 ½ Tbsp Olive Oil

1 Tbsp Butter, softened

½ White Onion, julienned

1 Bell Pepper, chopped

1 Carrot, sliced

1 c Snow Peas

1 jar F+F Effortless Thai Coconut Curry Starter

Salt & Pepper

1 to 3 Tbsp Cilantro

Juice of 1 Lime



INSTRUCTIONS:

1. Take tofu out of the packaging & cover it with a paper towel. Place a plate & heavy bowl or frying pan on top for about 20-30 minutes, to press & remove excess liquid from the tofu.
2. Once most of the liquid has been removed, chop the tofu into 1-inch square pieces & season with salt & pepper.
3. In a large, nonstick sauté pan, warm olive oil on medium-high heat & sauté the tofu in a single layer, first flipping after 5 minutes & then browning on all sides, about 10 more minutes.
4. Remove tofu from the pan & set it on a paper towel to drain while you cook the rest of your meal.
5. Deglaze the pan by adding butter & onion, gently scraping the pan while sautéing.
6. Add bell pepper, carrot & snow peas to the pan.
7. Pour in F+F Effortless Thai Coconut Curry Starter sauce & lime juice, and reduce heat to low.
8. Return the tofu pieces to the pan, & let everything simmer gently for 20-30 minutes.
9. Season with salt & pepper, to taste. Garnish with cilantro & serve.

Enjoy!

