

Vegan Thai Curry Stir Fry

Serves 5-6 servings | Prep 15 min | Cook 20 min | Ready in 35 min

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This savory curry dish is exactly what my husband craves often. This curry is hearty with various vegetables and seasoned tofu on a bed of brown rice. Not familiar with curry? No worries! This is an easy introduction to green curry, one of my favorites, and there are so many health benefits on top of the delicious flavor!

INGREDIENTS

THE BASE BASICS

- 8-ounce package extra firm tofu, crumbled
- 2 tablespoons organic coconut oil
- 1 small red onion, diced
- 8-ounce package cremini mushrooms, chopped
- 3 carrots, chopped
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 bunch leafy greens, chopped (spinach, kale, etc)
- 1 can unsweetened coconut milk
- 2 cups cooked brown rice

SPICES

- 2-3 tablespoons Thai Kitchen green curry paste
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon dried basil (or ¼ cup fresh basil)
- 1 teaspoon minced garlic
- Chopped walnuts (optional)
- Avocado (optional)

DIRECTIONS

1. Drain tofu from package and place in kitchen towel with heavy object on top (like fruit bowl) to push out water.*
2. Cook rice according to package instruction
3. Melt coconut oil over medium heat and add garlic. Sauté for 1-2 minutes.
4. Add tofu and stir fry until starting to brown. This might take about 5-7 minutes, try not to stir too often.
5. Add diced onion and chopped carrots, sauté until onion starts to become translucent (about 3-4 minutes)
6. Add all other veggies and stir fry until tender, 5-7 minutes
7. Add coconut milk (shake can well first) to the veggie mix
8. Add curry paste and stir to dissolve
9. Add basil, salt, and pepper. Stir.
10. Simmer 10 minutes on low setting, stirring occasionally
11. Add chopped leafy greens until wilted, 2-3 minutes
12. Add chopped walnuts garnish (optional)**
13. Serve over a bed of brown rice with fresh avocado (optional)
14. Enjoy!

NOTES

*Drain tofu 30 minutes in advance if possible. It will be crispier if you get more water out of it.

**I also really like this with sliced almonds if you don't have chopped walnuts.