

Tofu & Eggplant in Coconut-Curry Sauce



Makes:

4 - 6 servings as main dish; 12 servings as side dish

Utensil:

Saladmaster Food Processor

12" Chef's Gourmet Skillet

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Contributed By:

Chef Sergio Corbia

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Recipe Description:

This delightful vegan recipe provides a wealth of nutrients, including calcium, copper, selenium, fiber and protein.

Watch [the recipe video](#) to recreate this meal at home!

1

eggplant, cut off stem, cut into cubes

1

red bell pepper, cored and seeded, then julienned

1

shallot, sliced, use Cone #4

2

cups

green onions, slices

(200

g)

1

cup

firm tofu, approximately 10.5 ounces, cut in 1-inch squares

(298

g)

7

ounces,

approximately $\frac{3}{4}$ cup coconut cream

(180

mL)

$\frac{1}{4}$

cup

vegetable broth

(60

mL)

salt and pepper to taste

1

tablespoon

fresh mint, chopped

(2

g)

1

tablespoon

fresh basil, chopped

(3

g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on the skillet skitter and dissipate, add eggplant and bell peppers. Cover with 12" Electric Skillet cover and cook until vegetables are softened, approximately 2 minutes, stirring occasionally.
2. Add salt and pepper to taste, garlic, shallots, onions and tofu. Stir to blend and cook 1 minute.
3. Reduce heat to medium-low. Add coconut cream and broth. Cover and simmer for approximately 15 minutes.
4. Sprinkle with mint and basil to serve.

Tips:

- Serve with rice to create a hearty main dish.
- Serve in bowls as a side dish or a first course.

Nutritional Information per Serving

Calories:

247

Total Fat:

14g

Saturated Fat:

11g

Cholesterol:

0mg

Sodium:

112mg

Total Carbs:

25g

Dietary Fiber:

5g

Sugar:

5g

Protein:

10g