

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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Recipe:

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 25g
Carbs:
Dietary Fiber: 5g
Sugar: 5g
Protein: 10g
