

Recipes and Tips



Tofu and Sweet Potato Peanut Butter Curry

4 servings

- 1 tablespoon vegetable oil
- 1 onion, finely diced
- 4 garlic cloves, finely chopped
- 1 (1-inch) piece fresh ginger, peeled and finely chopped
- 1 tablespoon curry powder
- ½ to 1 teaspoon chilli flakes
- 1 ½ pounds sweet potato (about 2 medium), peeled and cut into 1-inch chunks
- 1 cup vegetable stock or water
- ½ cup smooth peanut butter, stirred well
- 1 (13-ounce) can coconut milk, shaken well
- 1 (14- to 16-ounce) package extra-firm tofu, drained and cut into 1-inch pieces
- 1 cup/5 ounces frozen peas, unthawed
- 4 teaspoons soy sauce or tamari
- Salt and pepper
- 1 lime, cut into 4 wedges

Heat a large heavy pot on medium-high. Add the oil and onion and cook until softened, 2 minutes. Add the garlic, ginger, curry powder and crushed red pepper, and stir until fragrant, 1 minute.

Add the sweet potatoes and stock. Cover, reduce heat to medium-low and cook for 10 minutes.

Add the peanut butter and coconut milk and stir until the peanut butter is melted and well combined.

Increase heat to medium-high and add the tofu, peas and soy sauce, and cook until warmed through and the sauce is thick, 3 to 5 minutes. Be careful that the bottom doesn't catch. Taste and season with salt and pepper.

Serve over rice, with lime wedges on the side.