

Easy Tofu Pumpkin Curry

Servings 4

Ingredients

14 oz. firm tofu, cut in ½" cubes
1 tbsp. olive oil
½ yellow onion, chopped
1 red bell pepper, chopped
1 clove garlic, minced
2 tbsp. yellow curry paste
1 (15 oz.) can pumpkin puree (of 1 ½ cups homemade pumpkin puree)
1 (15 oz.) can full fat coconut milk
4 cups fresh spinach leaves
1/8 tsp sea salt + more to taste
1/8 tsp ground black pepper
1 lime, cut into wedges
½ cup cilantro, chopped

Directions

Prep:

1. Transfer tofu from package to a plate lined with paper towels. Cover with another layer of paper towels and top with a heavy object to press some moisture from tofu while you start the curry.
2. Chop onion/pepper/garlic/cilantro

Make:

1. Heat olive oil in a large skillet. Add the onion and red bell pepper. Sauté for 3-5 minutes or until onion begins to soften. Add the garlic and cook one more minute.
2. Stir in the curry paste, pumpkin and coconut milk and bring to a gentle simmer.
3. Cut tofu into ½" cubes and stir into the skillet
4. Cook for 3 minutes. Add the spinach, salt, & pepper and cook for another 3-5 minutes or until spinach is wilted.
5. Serve over cauliflower rice and top with a squeeze of fresh lime juice and chopped cilantro.

Recipe adapted from dietitiandebbie.com