



## Veggie & Tofu Curry with Rice

2 servings

25 minutes

### Ingredients

1/2 cup Jasmine Rice (dry)  
 255 grams Tofu (firm, cubed)  
 1 1/2 tsps Curry Powder  
 2 tbsps Extra Virgin Olive Oil (divided)  
 1/2 cup Shallot (chopped)  
 1 bulb Fennel (medium, chopped)  
 1 cup Cherry Tomatoes (halved)  
 1/16 tsp Sea Salt  
 1 cup Vegetable Broth (warm)  
 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	60g
Fiber	9g
Sugar	11g
Protein	20g
Cholesterol	0mg
Sodium	481mg
Vitamin A	2652IU
Vitamin C	38mg
Calcium	462mg
Iron	5mg
Selenium	19µg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Mix the tofu with the curry powder and half of the oil. Preheat a large non-stick pan or wok over medium-high heat. Add the tofu, and cook until browned on all sides, about five minutes. Remove from the pan and set aside.
- 3 In the same pan, add the remaining oil, shallots, and fennel. Cook for three to five minutes, until tender. Add the tomatoes and cook for two more minutes or until softened. Season with salt.
- 4 Return the tofu to the skillet and add the broth and parsley. Stir and cook until heated through.
- 5 Divide the rice and the tofu mixture between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

**Serving Size:** One serving is equal to approximately 1 1/2 cups of curry and 1/2 cup of rice.

**More Flavor:** Add garlic and use cilantro instead of parsley.