



## Bea's Coconut Red Curry with tofu over rice

*This recipe was developed by Chef Bea Larkey, 2021 Junior Iron Chef Finalist*

### Ingredients

- Lime squeezed onto plated dish for taste
- Red curry paste 2 tablespoons
- Tofu 1 cup chopped into ½" cubes
- Carrots ½ cup chopped and ¼ cup grated
- Cilantro ¼ cup shredded
- Coconut milk 1 cup
- Whole grain rice 2 cups
- Coconut flakes ¼ cup
- Pineapple chopped, ½ cup, set aside ¼ cup for garnish
- Sugar snap peas ½ cup
- Onion ¼ cup chopped
- Green onion ¼ cup
- Sesame oil 1 tablespoon

### Recipe Process & Instructions

1. Cook 1 ½ cups of whole grain rice. Set aside for later.
2. Cut Tofu into ½" squares, make a total of 2 cups.
3. Heat 1 tablespoon of sesame oil to medium/high heat, add tofu and fry until tofu is light brown. Set tofu aside in a bowl after it is done frying.
4. While waiting for oil to get to temperature, grate ½ cup of carrot, shred ¼ cup of cilantro, and chop ¼ cup of green onion for garnish.
5. Use same frying pan used to brown the tofu and add ¼ cup sliced onion, ½ cup chopped carrot, and ½ cup of fresh snap peas, cook for on medium-high for two minutes.
6. Stir in two tablespoons of red curry paste and cook for 2 minutes
7. Add 1 cup coconut milk and let simmer on low heat until sauce thickens.
8. Add in tofu and ¼ cup of chopped pineapple. Let simmer for 4 minutes.
9. Serve over a bed of rice with cilantro, green onion, carrot, pineapple, and coconut flake garnish.
10. Add a squeeze of a lime over the dish for added zing!