

DINNERLY



Thai Red Curry Tofu Stir-Fry with Green Beans



30min



2 Servings

Calling all vegetarians (and tofu lovers too)! Do we have a MEAL for you. We've combined the bold flavors of Thai red curry with a tofu stir-fry, and it does not disappoint. Add a hint of lime juice and you've got yourself a dish that takeout can't beat. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb green beans
- ¼ oz fresh mint
- 1 lime
- 1 pkg extra-firm tofu ⁶
- 2 oz Thai red curry paste ⁶
- ½ oz tamari soy sauce ⁶

WHAT YOU NEED

- kosher salt
- garlic
- neutral oil
- sugar

TOOLS

- small saucepan
- microplane or grater
- large nonstick skillet

ALLERGENS

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 810kcal, Fat 42g, Carbs 81g, Protein 34g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep ingredients

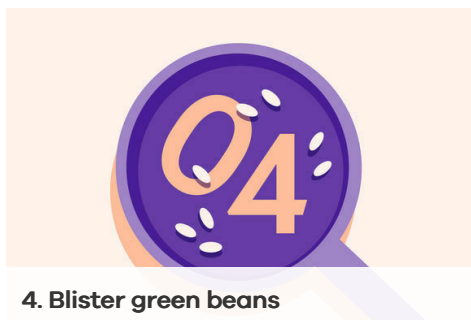
Trim **green beans**, then cut into 1-inch pieces. Finely chop **1 teaspoon garlic**. Pick **mint leaves** from stems, tearing in half if large; discard stems. Finely grate **1 teaspoon lime zest**; cut **lime** into wedges.

Drain **tofu**, then cut into 1-inch cubes. Press firmly between 2 paper towels to blot excess water.



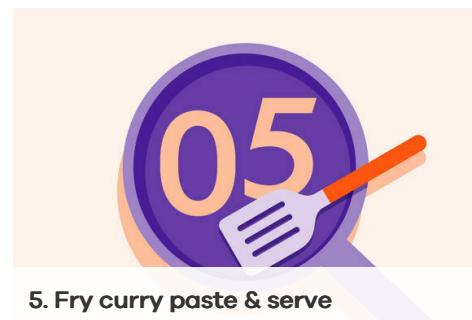
3. Brown tofu

Heat **2 tablespoons oil** in a large nonstick skillet over medium-high until shimmering. Add **tofu** in a single layer and cook until crisp on the bottom, 2–3 minutes. Flip tofu and continue cooking until crisp, 2–3 minutes more. Season with **salt**. Transfer to a plate and set aside.



4. Blister green beans

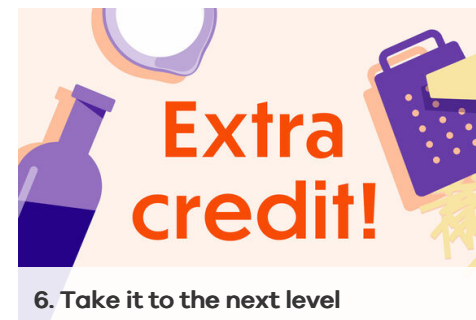
Heat **1 tablespoon oil** in same skillet over high. Once **oil** is smoking, add **green beans** and cook, stirring and tossing occasionally, until tender and browned in spots, 2–3 minutes. Season lightly with **salt**; transfer to plate with **tofu**.



5. Fry curry paste & serve

Heat **1 tablespoon oil** in same skillet over high. Add **chopped garlic** and **all of the curry paste**; cook, stirring, until darkened and aromatic, about 1 minute. Add **tofu**, **green beans**, **tamari**, **lime zest**, **mint**, and **1 tablespoon sugar**. Toss to combine. Season to taste with **salt**.

Serve **curry stir-fry** over **rice** with **lime wedges** for squeezing over top. Enjoy!



6. Take it to the next level

Want a hit of protein? Add a fried egg on top of each serving!