Tofu and Green Pea Coconut Curry

2 bowls, each with half the tofu-pea curry and rice · Active 35 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

- Plain firm calcium-set tofu, drained and cubed (300 g)
- 1 cup frozen green peas (160 g), not thawed
- 1/2 cup full-fat canned coconut milk, stirred before measuring (120 g)
- 1/2 can crushed tomatoes with juice (200 g)
- 1 small onion, finely diced (100 g)
- 2 garlic cloves, finely grated (6 g)
- 1 tablespoon finely grated ginger (6 g)
- 1 teaspoon olive oil (5 ml/about 4.5 g)
- 1/2 teaspoon ground cumin (1 g)
- 1/2 teaspoon ground coriander (1 g)
- 1/2 teaspoon turmeric (1 g)
- 1 teaspoon sweet paprika (2 g)
- 3/4 cup water for sauce (180 ml)
- 1/2 cup dry long-grain white rice (100 g)
- About 3/4 cup plus 1 tablespoon water for rice (200 ml), or packet-specified amount
- 1/4 teaspoon fine salt (1.5 g)

Set out

Medium saucepan with tight lid for rice, 3-liter/3-quart saucepan with lid for curry, Broad spoon, Knife and board, Kitchen scale, Measuring jug, Food thermometer, 2 bowls

Allergens

Soy; check coconut milk and other packaged ingredients for added allergens. Check labels and substitutions.

Make it

1. Rinse rice and cook in its measured water, or the packet-required amount. For a typical long-grain product, bring to a boil, cover and simmer on low for 15–18 minutes, then rest covered off the heat for 5 minutes. Keep hot for immediate serving.

2. Meanwhile heat oil in the curry saucepan over medium heat. Cook onion for 8–10 minutes until softened. Add garlic and ginger for 30 seconds, then cumin, coriander, turmeric and paprika for another 20–30 seconds, stirring.

3. Add crushed tomatoes and simmer for 5 minutes. Stir the coconut-milk can thoroughly, then weigh 120 g into the saucepan. Add sauce water and salt, bring to a gentle simmer and fold in tofu cubes. Cover loosely and simmer gently for 8 minutes, following any longer tofu package cooking requirement.

4. Add frozen peas and simmer for at least their full packet cooking time, usually 5–8 minutes, stirring gently, until cooked and the entire curry is piping hot at 165°F/74°C. If too thin, simmer uncovered briefly; if too thick, add a small splash of hot water.

5. Divide all rice between 2 bowls and spoon all curry over it. Serve immediately. Refrigerate the unused opened tomato and coconut products promptly according to their labels.

A useful kitchen skill

Stir separated coconut milk before measuring, avoid scorching ground spices and give frozen vegetables their full cooking instructions.

A useful detail

The nutrition basis is full-fat canned coconut milk, not a carton coconut drink, plus drained plain firm tofu and dry rice. Missing coconut-milk fiber is not filled with zero. Pea and tofu package requirements take priority over the suggested intervals.

Keep it well

Chill rice and curry separately in shallow containers quickly, ideally within 1 hour of the rice's original cooking. Refrigerate at 40°F/4°C or below and use within 24 hours of that original cooking time. Reheat rice no more than once, with the complete portion at 165°F/74°C throughout, and eat immediately. Discard uneaten reheated rice portions; a new container does not reset the clock.