

# Coconut Curry Tofu with Sweet Potato Noodles

3 SERVINGS 20 MINUTES



## INGREDIENTS

2 tbsps Water (divided)  
2 Sweet Potato (medium, spiralized)  
2 cups Canned Coconut Milk  
2 tbsps Thai Red Curry Paste  
1 1/2 tps Arrowroot Powder  
10 ozs Tofu (extra firm, cubed)  
2 cups Bean Sprouts  
1 cup Cilantro (thick stems removed, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	488	Carbs	31g
Fat	35g	Protein	18g

## DIRECTIONS

- 01 Heat half of the water in a large saucepan over medium-high heat. Toss the spiralized sweet potato lightly for about five minutes or until soft. Remove from the pan and set aside.
- 02 Whisk together the coconut milk and curry paste in the saucepan. Bring to a gentle simmer. Combine the arrowroot powder and remaining water in a small bowl to make a slurry. Add the slurry to the coconut mixture and stir.
- 03 Gently add the tofu and cook for five more minutes.
- 04 Divide the spiralized sweet potato and bean sprouts into bowls. Scoop the coconut curry into the bowls and garnish with cilantro. Enjoy!