

Rice Noodle-Tofu Red Curry

Total: 30 min. Active: 20 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 470. Total Fat: 14g. Carbs: 71g. Protein: 18g.

Ingredients

- 8 oz package brown rice stir-fry noodles
- 1/4 cup Thai red curry paste
- 14 oz. can light coconut milk
- 2 in. piece fresh ginger, peeled and cut into thin matchsticks
- 1 tbsp packed brown sugar
- 2 cups peeled butternut squash (1 in. pieces)
- 2 cups haricot verts (green beans), trimmed and halved
- 1 red bell pepper, thinly sliced
- 1 tbsp fish sauce
- salt
- 14 oz. package extra-firm tofu, drained and cut into 1/2 in. cubes
- basil and lime for serving

Directions

Cook the noodles as the label directs. Drain and set aside.

Meanwhile, heat a large pot over medium-high heat. Add the curry paste and cook, stirring constantly, until it turns deep red, 30 seconds to 1 minute. Stir in the coconut milk, ginger and brown sugar. Increase the heat to high and bring to a vigorous simmer. Stir in the squash, haricots verts and bell pepper. Cover, reduce the heat to medium and cook until the squash is just tender and the beans and bell pepper are crisp-tender, about 10 minutes.

Stir in the fish sauce and season with salt. Stir in the tofu and cook, uncovered, until warmed through, about 1 minute. Divide the noodles and curry mixture among bowls. Top with basil and serve with lime wedges.

