

## **Vegan Red Curry Noodle Bowls**

Flavorful and saucy! Served with vegetables, crispy tofu, and gluten-free noodles too!

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Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Servings: 4 servings

Calories: 706kcal

### **Ingredients**

- 1 block extra firm tofu
- Cooking spray
- Salt
- Pepper

#### **for the curry sauce:**

- 1 tablespoon coconut oil
- 1 large shallot
- 4 garlic cloves , minced
- 2 tablespoons grated ginger (about 2")
- 1/4 cup red curry paste
- 1 (14.5oz) can full-fat coconut milk
- 1 (14.5oz) can lite coconut milk
- 3 tablespoons low sodium tamari

#### **for the add-ins:**

- 1 (10 oz) package gluten-free ramen noodles or rice noodles
- 2 cups broccoli florets (+ stems, optional)
- 1 cup sliced carrots

- 1 cup sliced red pepper
- 1 bunch scallions
- Sesame seeds to sprinkle

## **Instructions**

1.Prepare the tofu: Preheat the oven to 425°F and spray a pan with cooking spray. Cut into cubes and add to the pan. Spray with another layer of cooking spray, sprinkle with salt & pepper and bake for 30 minutes, flipping halfway through.

2.Prepare the sauce: While the tofu is cooking, heat the oil in a large skillet and add the shallot, garlic, and ginger. Saute for 2 minutes until the garlic is fragrant. Add the red curry paste, coconut milk, and tamari, and bring to a boil. Turn down the simmer and simmer until ready to serve.

3.Prepare the noodles: Bring a pot of water to boil. Cook the noodles according to the package instructions. Add your vegetables when there are three minutes in the cooking. Strain everything and add it into the sauce along with the tofu.

4.Make your bowls: Toss the noodles, vegetables, and tofu together until combined, then divide between four bowls. Sprinkle with scallions and sprinkle with sesame seeds.