

RECIPE



Golden Curry Veggies Tofu

(4 servings)

A delicious, nutrient-packed curry made with organic tofu, heart of palm, and fresh vegetables. Perfect for a cozy, healthy meal that's easy to prepare and full of flavor.

Ingredients

1 block (14 oz) organic firm tofu, cubed

1 cup heart of palm, cubed

1 medium onion, finely chopped

3 garlic cloves, minced

2 medium tomatoes, diced

2 cups spinach leaves, packed

2Tbsp. olive oil or coconut oil

1 tsp. curry powder

½ tsp. turmeric powder

¼ tsp. allspice

½ tsp. cumin

½ tsp. ground coriander

½ tsp. ginger powder

1 cup coconut milk

½ tsp. salt

1 Tbsp. green onions, chopped

1 Tbsp. fresh cilantro, chopped

Yours to Artful Eating,

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Instructions

Heat the oil in a large skillet over medium heat. Add the spices (curry powder, turmeric, allspice, cumin, coriander, and ginger) and sauté for 30 seconds until fragrant.

Stir in the chopped onion and garlic, cooking for about 3 minutes until softened.

Add the heart of palm and tomatoes, stirring well to combine.

Pour in the coconut milk and bring to a gentle simmer. Cook for 10 minutes, allowing the flavors to meld.

Add the tofu cubes and salt, stirring gently. Simmer for another 10 minutes.

Taste and adjust seasoning as needed. Stir in the spinach, green onions, and cilantro, then remove from heat.

Serve over a bed of rice, quinoa, or your favorite grains.

Health Benefits of This Dish:

- Tofu: A great plant-based protein, rich in iron, calcium, and essential amino acids.
- Heart of Palm: Low in calories, high in fiber, and a good source of potassium and vitamin C.
- Spinach: Packed with antioxidants, iron, and vitamins A and C, promoting healthy skin, eyes, and immunity.
- Turmeric and Ginger: Known for their anti-inflammatory and antioxidant properties, supporting digestion and reducing inflammation.
- Coconut Milk: Provides healthy fats and adds a creamy texture without dairy.
- Curry Spices: Boost metabolism, improve digestion, and enhance the immune system.

This dish not only delivers on flavor but also supports heart health, digestion, and overall wellness while being entirely plant-based. Enjoy it as a wholesome addition to your weekly meals!

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