

RECIPE



A plant-based twist on a classic Brazilian dish, this Tofu Moqueca with Coconut Rice is rich in flavor, creamy, and packed with nutrients. Combining the vibrant spices and tropical notes of coconut, it's a satisfying, wholesome meal perfect for a healthy lifestyle. nutritious.

Tofu Moqueca with Coconut Rice

Ingredients

(2 servings)

Moqueca

- 2 Tbsp. coconut oil
- 1/3 cup shallots, sliced
- ½ cup small bell peppers (red, yellow, or green), sliced
- ½ tsp. dried thyme leaves
- 1/3 cup seedless tomatoes, sliced
- 1/3 tsp. sea salt
- ¼ tsp. ground cumin
- ¼ tsp. sweet paprika
- ¼ tsp. lemon pepper
- 7 oz organic firm tofu, 1" cubes
- 4 Tbsp. coconut milk
- 1 Tbsp. chopped cilantro

Rice

- 1 cup prepared rice – white basmati or brown basmati
- 1 Tbsp. coconut oil
- 5 Tbsp. coconut milk

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880

RECIPE



4 Tbsp. shredded coconut

1 pinch of salt

Instructions

Tofu Moqueca:

Heat the coconut oil in a medium pan over medium heat. Add the sliced onions and bell peppers to the pan and cook for about 10 minutes, stirring occasionally.

Stir in the thyme, followed by the diced tomatoes. Season with salt, cumin, paprika and pepper. Let the mixture cook for 5 minutes to allow the flavors to combine.

Gently fold in the cubed tofu, then pour in the coconut milk. Taste and adjust the seasoning as needed. Let the mixture simmer for 3 minutes. Stir in the chopped cilantro and let it cook for another 1 minute, then turn off the heat.

Coconut Rice:

In a medium pan, heat the coconut oil over medium heat. Add the shredded coconut and stir until lightly golden and fragrant.

Add the rice, coconut milk and the salt. Stirring cook until the rice absorbs the coconut milk, but don't let it get dry. Remove from the heat.

On individual plates, layer the coconut rice and spoon the tofu moqueca on top. Garnish with additional cilantro if desired. Serve warm and enjoy this tropical, nourishing meal!

Health Benefits of This Soup:

- **Rich in Antioxidants:** Bell peppers, tomatoes, and paprika are loaded with antioxidants that help fight inflammation and support overall health.
- **Healthy Fats:** Coconut oil and coconut milk provide medium-chain triglycerides (MCTs) that support heart health and boost energy.
- **Plant-Based Protein:** Tofu is a great source of protein and essential amino acids, making this dish nutritious and filling.
- **Digestive Support:** Thyme and cumin aid digestion and contribute to gut health.

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880