

# Creamy Coconut Curry with Tofu



Indulge in a rich and flavorful coconut curry with tender tofu, aromatic spices, and creamy coconut milk, served over fluffy cauliflower rice for a wholesome twist. This dish is a perfect balance of creamy, savory, and aromatic flavors that will tantalize your taste buds. – makes about 4 servings –

## Ingredients:

- 1 block of firm tofu, cubed
- 1 can of coconut milk
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 tablespoon of curry powder
- 1 teaspoon of turmeric
- 1 teaspoon of cumin
- 1 teaspoon of paprika
- 1 tablespoon ginger, minced
- 1 head of cauliflower, riced
- Salt and pepper to taste
- Fresh cilantro for garnish

## Instructions:

1. In a large skillet, sauté onion, garlic, and ginger until fragrant.
2. Add tofu, spices, and cook until tofu is golden brown.
3. Pour in coconut milk, bring to a simmer.
4. Season with salt and pepper.
5. Serve over cauliflower rice, garnish with cilantro.

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For more delightful recipes like this one, please refer to the cookbook mentioned below. Additionally, consider hiring Chef Linda for personalized menu creations tailored to your preferences. For more information, please follow the links provided.



[Recipe from: Beyond Keto Diet: Almost Keto Meal Planning Made Easy: A Step-By-Step Guide To Shedding Pounds](#)