

# Yellow Curry with Mint Yogurt

A new hands-free favorite! We're making an oven-roasted yellow curry with broccoli, cauliflower and tofu in a delicious curry sauce, all served over jasmine rice. Topped with mint yogurt, it's a dinner we just can't get enough of.

**35** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking Sheet  
Medium Skillet

### FROM YOUR PANTRY

Olive or Vegetable Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Jasmine Rice  
Broccoli & Cauliflower  
Tofu  
Yellow Curry Sauce  
Mint Yogurt

## Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you zucchini instead of rice, reducing the **carbs per serving to 25g**. You can skip the second part of Step 1. and for Step 2. Heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and cook until the edges are brown, about 2 to 3 minutes. Place directly on serving plates. Do not wipe out pan.

**Cooking with a picky eater?** Serve all the ingredients separately and let them pick what they like!

**Leftover Tip** – Turn this into a salad the next day by mixing in some fresh veggies and serving it cold.

## Good To Know

**If you're making the vegan version**, we're sending you mint without the yogurt. Finish your curry by sprinkling it on top before serving.

**Health snapshot per serving** – 355 Calories, 21g Protein, 7g Fiber, 11 Smart Point.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Cauliflower, Coconut Milk, Jasmine Rice, Tofu, Greek Yogurt, Rice Wine Vinegar, Brown Sugar, Yellow Curry Paste, Tamari, Lime Juice, Ginger, Cilantro, Basil, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 400. Bring water in a saucepan to boil.

*Use enough water to cover the rice completely.*

### 2. Cook the Rice

Add the Jasmine Rice to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

### 3. Roast the Veggies

While the rice is cooking, toss the **Broccoli & Cauliflower** in 2 Tbsp oil and spread evenly on a rimmed baking sheet. Roast until tender and starting to brown, about 15 to 17 minutes.

Add the **Tofu** to the veggies, stir and cook until the tofu is lightly puffed, about 5 to 7 minutes.

*Stir gently when you add the tofu, so it doesn't break.*

### 4. Put It All Together

Heat a skillet over medium heat and add the **Yellow Curry Sauce**. Bring the sauce to a boil and then reduce to a simmer and cook for 5 to 7 minutes.

Top the rice with veggies and tofu and then spoon curry sauce over the top. Serve with **Mint Yogurt** to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**