

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

Omnivore's Option – Grilled, sliced top sirloin is a great addition. Plate it on top of the rice before you add the curry sauce.

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