FOOD & COOKING
WITH CHEF ROSS

Tofu & Coconut Curry



Preparation: 20 minutes | Cooking: 40 minutes | Serves: 2 people

What you need

Ingredients



- 1 cup brown basmati rice
- 300 g firm tofu, cut into cubes
- 1 tablespoon extra virgin olive oil
- 1 red onion, sliced
- 2 garlic cloves, chopped
- 2 teaspoons curry powder
- 1 zucchini, sliced
- 1 red capsicum, sliced
- 400 ml coconut milk

Optional flavours

- Salt & pepper, chilli, fresh herbs or lemon

Equipment



- Saucepan with lid for rice
- Large frying pan or wok with lid
- Knife and chopping board
- Wooden spoon
- Measuring cup
- Plate for cooked tofu

Let’s make it



1. Start rice and prepare tofu

Cook brown basmati rice following the packet instructions.
Start checking at 15 minutes.
Brands vary.
Pat tofu dry and cut into cubes.

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2. Brown the tofu

Heat olive oil over medium-high heat.
Fry tofu for 5–7 minutes, turning until lightly golden.
Move to a plate.



3. Cook onion and spices

Cook red onion for 3 minutes.
Add garlic for 1 minute.
Add curry powder and stir for 30 seconds.



4. Add vegetables

Add zucchini and capsicum.
Cook and stir for 3–5 minutes.



5. Add coconut milk and tofu

Pour in coconut milk.
Return tofu to the pan.
Put the lid on and cook gently for 10 minutes.



6. Thicken and serve

Take off the lid.
Cook for another 5–10 minutes until vegetables are soft and sauce thickens.
Add optional flavourings and serve with rice.

Serving and storage

- Refrigerate leftovers within 2 hours in shallow containers.
- Keep curry at 5°C or colder.
- Use curry within 3 days.
- Cool cooked rice quickly.
- Refrigerate cooked rice promptly.
- Use rice within 24 hours or freeze it promptly.
- Reheat until steaming hot throughout.
- Vegan and vegetarian with suitable ingredients.
- Gluten-free only with suitable tofu, curry powder and other ingredients.
- Contains soy.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.