

# Mango Tofu Curry

## Ingredients

100 g extra firm tofu, diced  
1/2 tbsp cornstarch  
1/2 tsp soy sauce  
1 tbsp avocado oil, divided  
15 g yellow onion, thin sliced  
1 garlic clove, minced  
1 piece ginger (1 tsp grated ginger)  
1/2 tsp curry powder  
1/4 tsp paprika  
1/2 Ataulfo mango, diced  
1/4 cup coconut milk  
1/4 tsp salt  
Pinch pepper  
  
2 sprigs fresh cilantro, chopped  
1 small Bok Choy, chopped  
1/8 yellow bell pepper, thin sliced  
2 small cremini mushrooms, thin sliced

## Instructions

1. Preheat oven to 400 degrees.
2. Toss the tofu in soy sauce, 1 tsp avocado oil and the cornstarch. Place on a lined baking tray spread out.
3. Bake the tofu for 8-20 minutes until golden brown and crispy.
4. In a small blender, blend the coconut milk and the mango until broken down and smooth.
5. In a frying pan over medium heat warm up 2 tsp avocado oil. Add the onions and cook for a minute.
6. Then add the Bok choy and bell pepper to the frying pan and cook for a minute.
7. Add the mushrooms, garlic, ginger, curry powder, paprika, salt and pepper and mix to combine. Let cook for 2-3 minutes until mushrooms are soft and Bok choy is tender.
8. Pour the coconut mango mixture into the frying pan and mix to coat.
9. Remove from heat and mix in the crunchy tofu and the cilantro.
10. Serve in a bowl over rice.