CARROTS!

PANANG CURRY
Yield: 4-6 Servings
Recipe created by Recipe for Success

INGREDIENTS

1½ tablespoons oil
½ cup shallots
2 tablespoons grated ginger
4 garlic cloves, minced
¼ cup peanut butter
2 teaspoons turmeric
1 teaspoon cumin
1 teaspoon chili paste
1 cup water
1 can coconut milk
3 teaspoons fresh lime juice OR 1½ teaspoons lime zest
1 tablespoon light brown sugar
2 packages of tofu (extra firm)
3 carrots, julienned (or thinly sliced)
1 large red bell pepper

(recipe continued on other side)

CARROTS ARE MOSTLY KNOWN FOR THEIR HELP PROMOTING VISION AND LONG-TERM EYE HEALTH. THEY ALSO PROVIDE ANTIOXIDANTS, IMPORTANT TO HELP TO PREVENT CANCERS AND DELAY THE AFFECTS OF AGING.
MAKE THE CURRY

Sauté shallots, ginger, and garlic till shallots are tender.
Add peanut butter, turmeric, cumin, and chili; sauté till fragrant.
Whisk in water then coconut milk.
Add in lime and brown sugar, bring to simmer and season.
Add tofu, carrots, and bell pepper and let simmer over medium until carrots are tender.

COOKING TIP

If you find yourself without a peeler to remove the outer layer off of your carrot, you can use your knife as an alternative. Place your blade vertical on the carrot and scrape the outer layer off while pushing the knife away from your supporting hand.