

# Vegan Thai Green Curry Tofu

Yield: 8 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/veggie-chinese-noodle-recipe>

## Ingredients:

- 1 tablespoon avocado oil
- 4 garlic cloves . chopped
- 4 fresh ginger ? piece, peeled and diced
- 1 bunch cilantro 3 tablespoons reserved
- 5 ounces green chillies
- 2 shallots
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons fenugreek
- 1 teaspoon black pepper
- 15 ounces coconut milk can of
- 1 cup veggies your choice, small dice
- 8 ounces tofu
- 16 ounces rice noodles Gluten free
- 1/4 cup snap peas
- 1 cup chinese noodles
- 1/2 red pepper cut into small strips
- 2 bunches baby bok choy

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 31 grams
3. Fat: 18 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. SaturatedFat: 12 grams
7. Sodium: 55 milligrams
8. Sugar: 3 grams

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