

The Red Thai Curry Buddha Bowl

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Makes 4 bowls

BOWL INGREDIENTS

- 1 cup brown rice, cooked to package instructions
- 1 recipe Peanut Sauce Tofu (below)
- 1 recipe Creamy Red Thai Dressing (below)
- 1 cup thinly sliced red cabbage,
- 1 cup chopped cucumbers
- ½ bell pepper, thinly sliced
- 1 carrot, julienned
- 2 green onions, sliced
- Fresh basil and mint leaves, chopped
- 4 lime slices



Peanut Sauce* Tofu

- 1 package firm or extra firm tofu
- ¼ cup natural peanut butter*
- ¼ cup water
- 1 tbsp soy sauce (can sub coconut aminos, add ½ tsp salt if you do)
- 1 Tbsp honey
- 1 tsp sambal oelek
- 1 garlic clove, minced
- 2 slices fresh ginger root, grated or minced

TOFU INSTRUCTIONS

Make sauce: add all ingredients except tofu to a bowl and stir until well combined. Alternatively, add ingredients to a small Vitamix canister and blend until smooth. Set aside.

Unpackage tofu, drain the liquid, and wrap it in a double layer of paper towel. Press firmly with your hands on all sides to remove excess liquid.

Chop into ½ inch squares and put in a container or bag to marinate. Pour enough peanut sauce over to cover all tofu. Let marinate for as long as you have (10 min–a few hours.)

AIRFRYER: Preheat air fryer, prepare a piece of parchment to line the bottom and sides. When ready to cook, pour the tofu onto the parchment. Air fry for about 7 minutes, stir. Continue air frying until the tofu is getting crispy, about 5 minutes. Remove and pour the rest of the peanut sauce on the tofu. Stir until all the sides of the tofu is covered with sauce again and put back into the air fryer until the second layer of sauce is beginning to dry and the tofu's edges are going crispy again. Its ready to eat now!

OVEN: Preheat oven to 400°F. follow air fryer instructions.

Creamy Red Thai Dressing

½ cup raw cashews

2 Tbsp rice vinegar

2 tbsp red thai curry paste (I use Thai Kitchen brand)

½ cup coconut milk

½ - 1 tsp maple or agave syrup (to taste)

½ tsp dried red chilis

½ lime, squeezed

½ tsp salt

DRESSING INSTRUCTIONS

Place all ingredients in a small Vitamix canister. Blend until smooth. Add some water if it is too thick. Add more salt or syrup if needed after tasting.

ASSEMBLE BOWL

Assemble Bowl. Place rice on the bottom, arrange tofu and veggies on top. Serve with a the dressing, fresh herbs and a slice of lime.

*you may double the peanut sauce and use it on the bowl if preferred over Creamy Red Thai Dressing.

*sub peanut butter powder if desired