Quick Tofu Curry Stew

By Susan Spungen for Susanality

Serves 2 generously

If using full-fat coconut milk, you probably won't need the cornstarch. It's up to you whether to use full-fat or lite.

- 1 tablespoon vegetable oil
- 3 to 4 thin carrots, sliced into coins (about 8 ounces)
- 1/2 of an 8-ounce container cremini or button mushrooms, trimmed and quartered
- 1 small zucchini, cut into bite-size chunks
- 1/2 teaspoon kosher salt and freshly ground pepper
- 1 tablespoon grated ginger
- 4 scallions, thinly sliced (keep the white and green parts separate)
- 1 ½ tablespoons red or green curry paste (Taste of Thai)
- 1 cup chicken or vegetable stock
- 1 cup coconut milk (either lite or full-fat)
- 1 cup chickpeas
- 1 tablespoon cornstarch mixed with 1 tablespoon water (optional — recommended if using lite coconut milk)
- 1 bunch broccolini, tops and tender stalks cut into bite-sized pieces
- 1/2 block medium firm tofu (about 8 ounces), cut into cubes

- Cilantro, for garnish
- Rice, for serving
- Lime wedges, for serving

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1. Heat a small Dutch oven over medium-high heat. Add the oil and the carrots and cook for 5 minutes, stirring. Reduce heat if they start to brown. Add the mushrooms and zucchini. Season the vegetables with salt and pepper and cook for 5 minutes, stirring frequently.
2. Add ginger, the scallion whites, and curry paste and cook for 1 to 2 minutes, stirring. Add stock

3. and coconut milk and bring to a simmer. Cook for 5 to 7 minutes. Add as much of the cornstarch slurry as you need to thicken the liquid (if you used lite coconut milk, add it a little at a time) and stir well (let it come back to a simmer to judge the thickness).
4. Add broccolini and tofu and simmer for 2 to 3 minutes until broccolini is crisp-tender and the tofu is heated through.
5. Serve hot over rice, garnished with cilantro and scallion greens. Serve with lime wedges on the side.