



Tofu • Eggplant in Field Pea Curry

Mezze

Make it vegan

(For Michael Collins's absolutely vital to every element of this plant-based dish allows the flavors and textures to show through deliciously. Eggplant lends a rich, meaty quality without adding a trace of calories and carbs.)

For the Roasted Garlic Vinaigrette

- 1½ cups light olive oil, divided
- ½ head garlic, peeled
- 1 small shallot, minced
- 1-inch ginger root, peeled and grated
- ½ cup reserved rice wine vinegar
- ½ tablespoons kosher salt plus
- ½ tablespoons ground turmeric
- ½ tablespoons sesame oil

For the Eggplant • Tofu Salad

- ½ cup light olive oil
- 1 large eggplant, roughly sliced
- 1 pound firm tofu, cut into 1-inch cubes, marinated in reserved vinegar soy sauce
- 8 leaves kale, rinsed, stemmed, and roughly chopped
- ½ cup Roasted Garlic Vinaigrette
- 2 cups warm Coconut Brown Rice (recipe follows)
- 2 cups warm Field Pea Curry (recipe follows)

Make the Roasted Garlic Vinaigrette In a small saucepan over medium-high heat, heat 2 tablespoons oil. Roast garlic for 2 minutes or until golden brown. Remove garlic from the oil with a slotted spoon and set aside to cool. Combine remaining oil, roasted garlic, and the rest of the ingredients (stirred through mixture) all over a blender and pulse together or high. Refrigerate for up to 2 days.

Prepare the Eggplant • Tofu Salad In a large sauté pan, heat oil until it smokes. Carefully add the eggplant and tofu to the pan and fry for 5–10 minutes, until golden brown. Turn in the pan and cook for an additional 2 minutes. Turn in the vinegar and soy sauce.

To serve, place ½ cup Coconut Brown Rice into each bowl followed by ½ cup Field Pea Curry. Top with the warm eggplant and tofu salad. Serve immediately.

PER SERVING: 560 calories, 29 grams fat, 8 grams saturated fat, 40 mg sodium, 40 grams carbohydrate, 20 grams net carbs, 8 grams fiber, 15 grams sugar (8 added/sugar), 13 grams protein

Mezze

Nutrition Note

Eggplant is rich in an antioxidant called nasenin, which is linked to better brain health, without one of cancer and heart disease. It's concentrated in the skin, so parboiled eggplant won't have the same benefits.

Menu Cookbook

RJ Shavelson



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