

## Mango Almond Curry

Amy Symington

**Preparation Time:** 15 minutes for 6 servings and 20 minutes for 24 servings

**Cooking Time:** 30 minutes for 6 servings and 40 minutes for 24 servings

### Ingredients

#### 6 servings

1 tbsp (15 ml) coconut oil  
 1 x 350 g packages organic tofu, ½-inch cubes  
 2 tsp (10 ml) tamari  
 2½ cups (200 g) cubed eggplant  
 1¼ cups (195 g) diced carrots  
 1½ cups (200 g) diced onions  
 4 garlic cloves (12 g), minced  
 4 tsp (8 g) turmeric, ground  
 1½ tsp (4 g) cumin, ground  
 1½ tsp (4 g) ginger, ground  
 ¾ tsp (1 g) red chili flakes  
 1½ tsp (4 g) coriander, ground  
 ¾ tsp (2 g) ground cinnamon  
 3 cups (260 g) diced green cabbage  
 1½ cups (225 g) diced red pepper  
 1¼ cups (200 g) mango, ½ inch cubed (frozen or fresh)

#### Sauce

⅔ cup (160 ml) almond butter  
 2 cups (500 ml) water  
 ¼ cup (60 ml) maple syrup  
 1 tsp (5 g) sea salt  
 4 tsp (8 g) lime zest  
 ¼ cup (60 ml) lime juice, approximately 2 limes

#### Garnish

¼ bunch (25 g) green onions, thinly sliced  
 ¼ bunch (7.5 g) cilantro, stems removed  
 ½ cup (75 g) almonds, dry roasted and unsalted, chopped

#### 24 servings

¼ cup (60 ml) coconut oil  
 4 x 350 g packages organic tofu, ½-inch cubes  
 8 tsp (40 ml) tamari  
 10 cups (800 g) cubed eggplant  
 5 cups (780 g) diced carrots  
 6 cups (800 g) diced onions  
 15 garlic cloves (48 g), minced  
 5 tbsp (40 g) turmeric, ground  
 2 tbsp (15 g) cumin, ground  
 2 tbsp (13 g) ginger, ground  
 1 tbsp (4 g) red chili flakes  
 2 tbsp (16 g) coriander, ground  
 1 tbsp (7 g) ground cinnamon  
 12 cups (1.1 kg) diced green cabbage, approximately 1 cabbage  
 6 cups (900 g) diced red pepper  
 5 cups (800 g) mango, ½ inch cubed (frozen or fresh)

#### Sauce

2.5 cup (625 ml) almond butter  
 8 cups (2 L) water  
 1 cup (250 ml) maple syrup  
 4 tsp (20 g) sea salt  
 5 tbsp (32 g) lime zest  
 1 cup (250 ml) lime juice, approximately 8 limes

#### Garnish

1 bunch (100 g) green onions, thinly sliced  
 1 bunch (30 g) cilantro, stems removed  
 2 cups (300 g) almonds, dry roasted and unsalted, chopped

## Directions

1. In a large sauté pan over medium high heat, add half of the oil. Once heated, add tofu and fry for 4 minutes on each side or until tofu is crispy.
2. Drizzle tamari over tofu and sauté for another minute, or until tamari has been absorbed. Remove from heat and set aside.
3. In a large stock pot over medium heat add remaining coconut oil. Once heated, add eggplant, carrots, onions and garlic. Sauté for 5-10 minutes or until onions are translucent and garlic is fragrant.
4. Stir in spices and sauté until fragrant, about 2 minutes.
5. In a small bowl, whisk together all sauce ingredients completely combined.
6. Add sauce, cabbage and peppers. Stir to coat all vegetables, and continue to cook for another 5 to 7 minutes.
7. Add mangoes and tofu to heat through, about 4 minutes.
8. Garnish with onions, cilantro and almonds.

## Tips:

- 1) To increase your fibre, serve the curry over a whole grain like brown rice or quinoa or enjoy with soba or brown rice noodles.
- 2) For 24 servings, depending upon the size of your sauté pan, it may be best to reserve 1 tbsp of coconut oil and sauté the cabbage and red pepper separately and add in with mangoes and tofu after.

## Nutritional Information (without whole grain)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 1/2 cups (375 mL)	
par 1 1/2 tasse (375 mL)	
<b>Calories 440</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 27 g</b>	<b>36 %</b>
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
<b>Carbohydrate / Glucides 40 g</b>	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 22 g	22 %
<b>Protein / Protéines 17 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 510 mg</b>	<b>22 %</b>
Potassium 800 mg	17 %
Calcium 300 mg	23 %
Iron / Fer 4 mg	22 %
Vitamin A / Vitamine A 300 mcg	33 %
Vitamin C / Vitamine C 85 mg	94 %
Vitamin E / Vitamine E 11 mg	73 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

**Intro:** I dream of thick sauced, sweet and spicy, vegetable heavy curries daily and with the addition of sweet mango to this fiery savoury dish the depth of flavour and nutrition in this recipe is taken to another level. This could and should be a weekly staple in your make a head



recipe repertoire. It is rich in phytonutrients like allicin, carotenoids, curcumin and isoflavones, is high in protein, potassium, calcium, and iron, and is an excellent source of fibre, and vitamins A, C and E.

**Symbols:** high source of fibre, good for bowel motility, high protein, kid friendly, good for all seasons, freezable, make ahead meals

**Functional foods present:** soy (tofu), eggplant, orange vegetables (carrots), allium vegetables (garlic, onions), cruciferous vegetables (cabbage), red vegetables (red pepper), spices, citrus fruit (lime), nuts (almonds), leafy greens (cilantro)

**Examples of phytonutrients and anti-oxidants present:** isoflavones (soy), carotenoids (orange and red vegetables, leafy greens), allicin (onions, garlic), curcumin (turmeric), vitamin C (citrus fruit, red pepper), vitamin E (nuts),