

Maine Arts Camp

Recipe Name: Spicy Thai Coconut Quinoa

Chef: Charles Limoggio CEC

Preparation Time:

Servings: 4-6

Portion Size

Yield:

Quantity	Unit	Ingredient Name	Prep Notes
2	Cups	Quinoa	
1	14 oz. can	Unsweetened coconut milk	
1 1/3	Cups	Low sodium Vegetable broth	
1	Teaspoon	Kosher Salt	More as needed
1	14-16 ounce	Firm tofu	
2	Medium	Carrots	
1 1/2	Cup	Broccoli florets	Cut bite size
4	Medium	Scallions	
2	Tablespoons	Vegetable oil	

Procedure:

1. Rinse the quinoa in a strainer under cold water until the water runs clear. Place in a large saucepan; add the coconut milk, vegetable broth, and measured salt; and stir to combine. Bring to a boil over medium-high heat. Reduce the heat to low and simmer, stirring occasionally, until the white outer casings on the quinoa have popped, revealing translucent little beads, about 15 to 20 minutes.
2. Meanwhile, line a large plate with several layers of paper towels. Drain the tofu, cut it into large dice, and place it in a single layer on the paper-towel-lined plate; set aside. Trim the carrots and cut them into 1/8-inch-thick rounds; set aside. Trim the stem of the broccoli to 1/2 inch and cut the head into 1-inch florets; set aside. Thinly slice the white and light green parts of the scallions; set aside.
3. When the quinoa is ready, remove it to a large serving bowl and set aside. Wash the saucepan, fill it with water, and season generously with salt. Cover with a tightfitting lid and bring to a boil over high heat.
4. Meanwhile, heat the oil in a large nonstick frying pan over medium-high heat until shimmering. Add the tofu and cook without stirring until the bottoms are golden brown, about 4 minutes. (While the tofu is cooking, line the plate you drained it on with fresh paper towels.) Flip and cook until the other sides are golden brown, about 3 to 4 minutes more. Using a slotted spoon, remove to the paper-towel-lined plate and season with salt; set aside.
5. Add the carrots to the boiling water and cook until crisp-tender, about 2 minutes. Using a slotted spoon, remove them to the bowl with the quinoa. Return the water to a boil, add the broccoli, and cook until al dente about 3 minutes. Drain in a colander and place in the bowl with the quinoa and carrots.
6. Add the cooked tofu, dressing, and scallions to the bowl and stir to combine. Garnish with additional cilantro, peanuts, and scallions before serving.

Notes: