



# VEGETARIAN RECIPES

## **Bananas in Coconut Milk**

A Classic Thai Dessert

## **Coat and Bake Tofu**

Use the firmest tofu you can find for this recipe.

## **Grilled Panang Vegetables**

Vegetables on the grill is one of the more sensible trends in cooking!

## **Pan-Seared Tofu in Orange Peanut Sauce**

Our Orange Peanut Sauce transforms tofu into something everyone will enjoy!

## **Sticky Rice with Mango**

Our Soft Jasmine Rice makes this classic Thai dessert easier to prepare and every bit as delicious.

## **Stir Fry Zesty Vegetables**

## **String Bean Stir Fry**

Best served soon after cooking so the beans stay crisp.

## **Sweet and Sour Eggplant over Rice Noodles**

# Bananas in Coconut Milk



A Classic Thai Dessert

## Yield:

Serves 4

## Time:

15 minutes

## Ingredients:



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- 4 medium bananas, **not overripe**
- 1 can **Coconut Milk**
- 1/2 cup sugar
- 1/4 tsp salt
- 1/4 tsp nutmeg

## Directions:

**1** Peel bananas and cut into diagonal pieces, about 2" each.



**2** Cut each piece in half lengthwise.



**3** In a medium saucepan over high heat, whisk together the coconut milk, sugar, salt and nutmeg.



**4** Bring to a boil, stirring constantly. Reduce heat and add bananas, being careful not to splash yourself.



**5** Simmer for two minutes, until bananas are just heated through.

**6** Serve warm in individual bowls, with a dash of nutmeg on top.



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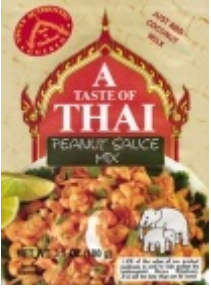
# Coat and Bake Tofu

Use the firmest tofu you can find for this recipe.

## Yield:

4 Servings

## Ingredients:



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1 lb ( 454 g ) firm tofu

1 packet **Peanut Sauce Mix**

## Directions:

- 1** Preheat oven to 350°F (175°C).
- 2** Cut tofu into 4 equal portions.
- 3** Coat on all sides with Peanut Sauce Mix.
- 4** Bake on cooking sheet until heated through, about 20 minutes.

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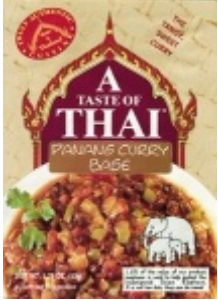
# Grilled Panang Vegetables

Vegetables on the grill is one of the more sensible trends in cooking!

## Yield:

4 Servings

## Ingredients:



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- 1/2 cup olive oil
- 1 packet **Panang Curry Base**
- 1/2 cup fresh basil leaves, packed loosely
- 1 tsp salt
- 1 medium red bell pepper, quartered
- 2 medium zucchini, cut lengthwise
- 1 large onion, cut in thick slices
- 1 medium eggplant, sliced

## Directions:

- 1** In a small saucepan, heat oil on medium heat.
- 2** Add Panang Curry Base, basil and salt. Stir until curry is dissolved.
- 3** In a large bowl place red bell pepper, zucchini, onion and eggplant.
- 4** Pour curry mixture over vegetables.
- 5** Toss vegetables to coat evenly.
- 6** Cook directly on grill or wrap and seal in foil and place on grill.
- 7** Cook for about 15 minutes.
- 8** Check vegetables for tenderness.
- 9** Serve immediately or chill and add to your favorite salad greens.

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# Pan-Seared Tofu in Orange Peanut Sauce



Our Orange Peanut Sauce transforms tofu into something everyone will enjoy!

## Yield:

Serves 4

## Time:

30 minutes

## Ingredients:



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- 2 Tbsp canola oil
  - 1 lb ( 454 g ) extra-firm tofu
  - 1 bunch scallions (green onions)
  - 1 cup orange juice
  - 1 packet **Peanut Sauce Mix**
  - 1 cup cherry tomatoes, halved
- Suggested Partners: Jasmine Rice or Rice Noodles

## Equipment:

- Large skillet or wok
- Tongs (help for flipping)

## Directions:

**1** Drain tofu. Cut the block horizontally into 3 slices.



**2** Place each slice on a double thickness of paper towel. Cover with a double thickness of paper towel and press firmly with hands until most of the water is absorbed. Change paper towels in between presses.



**3** Cut each slice into 4 rows. Cut each row into bite size pieces.



**4** In a large skillet heat the oil over medium high heat.

**5** Add the tofu with enough space in between to turn over (also so they brown and not steam). Sear in two batches, pressing gently with back of spatula. Cook until golden brown on each side (don't flip until browned). Drain pieces on paper towel. Pat tops to remove excess oil.



**6** While tofu is browning, slice the scallions into thin rounds, reserving 2 tablespoons of the darkest green for garnish.

**7** In the same skillet, add a teaspoon more oil if necessary, and sauté scallions 1 to 2 minutes. Add the orange juice and peanut sauce mix and bring to a boil. Turn heat down and simmer for one minute.



**8** Add tofu and tomatoes, stirring gently to coat with sauce and heat through.



**9** Serve over rice or rice noodles and garnish with reserved scallions.

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# Sticky Rice with Mango



Our Soft Jasmine Rice makes this classic Thai dessert easier to prepare and every bit as delicious.

## Yield:

Serves 4

## Time:

25 minutes to assemble

30 minutes to rest

Total Time: 55 minutes

## Ingredients:



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1 cup uncooked **Soft Jasmine Rice**

1 can **Coconut Milk**

2/3 cup sugar

1/2 tsp salt

1 mango

## Directions:

**1** Cover rice with cold water and rinse. Repeat until the water runs clear, about 3 times, and drain.



**2** In a medium saucepan bring 1 & 3/4 cups of water to a boil. Add the rice and stir briefly. Reduce heat to a low simmer and cover. Cook for 20-25 minutes or until the water is absorbed.

**3** In a saucepan, combine coconut milk, sugar and salt. Boil for 3 minutes, stirring frequently. Remove from heat.

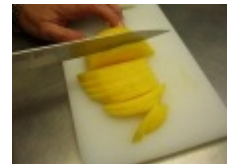
**4** Pour the boiled coconut milk into the cooked rice. Stir well.



**5** Cover top of rice directly with wax paper or aluminum foil. Let rest for 30 minutes at room temperature.



**6** Peel the mango and cut into slices or squares.



**7** Spoon the rice, or scoop with an ice cream server onto a serving platter and decorate with mango slices.



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# Stir Fry Zesty Vegetables

## Yield:

4 Servings

## Ingredients:



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- 1 Tbsp vegetable oil
- 1 Tbsp chopped garlic
- 2 cups broccoli florets
- 4 carrots, peeled and julienned
- 1 large red bell pepper, sliced
- 1 packet **Pad Thai Sauce**
- 2 cups bean sprouts

## Directions:

- 1** In wok, heat oil.
- 2** Add garlic. Cook for 30 seconds.
- 3** Add broccoli. Stir fry 1 minute.
- 4** Add carrots and red bell pepper. Stir fry 2 minutes.
- 5** Add Pad Thai Sauce. Stir together well. Continue cooking 1 minute more.
- 6** Stir in bean sprouts.
- 7** Serve immediately.

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# String Bean Stir Fry



Best served soon after cooking so the beans stay crisp.

## Yield:

Serves 4 as side dish

## Ingredients:



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- 1 lb green beans
- 1 small chili pepper
- 1 lemon, for zest and 2 Tbsp juice
- 1 one inch piece of fresh ginger
- 1 Tbsp vegetable oil, (canola or peanut)
- 1 cup **Coconut Milk**

## Directions:

**1** Trim the ends of the beans and cut into 1 inch pieces.



**2** Remove seeds from the chili pepper and dice. Discard seeds.



**3** Grate the zest (yellow part) from the lemon rind.



**4** Grate the ginger, discarding the stringy part that will come from grating it.

**5** Heat the oil in a skillet. Add the diced chili, ginger and lemon zest. Sauté for one minute.

**6** Add the coconut milk and bring to a boil.



**7** Add the green beans and toss to coat. Cook over medium high heat until crisp-tender, about five minutes. It is better to undercook this dish, to avoid soggy beans.



**8** When beans are almost cooked, add 2 tablespoons lemon juice. Finish cooking and serve warm.

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# Sweet and Sour Eggplant over Rice Noodles

## Yield:

2 Servings

## Ingredients:



Find us  
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1/3 box **Rice Noodles**

1 eggplant, diced into 1 & 1/2" cubes

1 tablespoon salt

3 tablespoons olive oil

1 red bell pepper, julienned

1 medium onion, diced

6 cloves garlic, chopped

5 plum tomatoes, quartered lengthwise

3 Tbsp **Garlic Chili Pepper Sauce**

5 Tbsp **Sweet Red Chili Sauce**

1 tablespoon chopped fresh ginger

1/2 cup fresh basil, chopped

juice from one lime

## Directions:

**1** Soak Rice Noodles according to package for sauté.

**2** Place eggplant in strainer. Sprinkle eggplant evenly with salt. Let sit 20-30 minutes (to remove bitter juice).

**3** Once eggplant has sat for appropriate time, press excess brown juice from eggplant.

**4** In sauté pan, heat olive oil over medium high heat.

**5** Stir fry eggplant until slightly brown, about 2 minutes.

**6** Add red bell pepper, onion and garlic. Cook until they begin to soften, about 2-3 minutes.

**7** Add drained Rice Noodles, plum tomatoes, Garlic Chili Pepper Sauce, Sweet Red Chili Sauce, ginger and basil. Cook until tomatoes begin to soften but are not mushy, about 3 minutes. (If noodles begin to stick, add water as needed. Up to 1/2 cup (120ml) of water may be added.)

**8** Stir in lime juice just before serving. Serve hot.

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