

Spicy Thai Tofu with Crispy Coconut Spaghetti Squash Noodles - A plant based dish that is fun and flavorful! Great for dinner, #meatlessmonday, or for your lunch meal prep rotations.

Ingredients

Coconut Noodles

- 1 medium spaghetti squash
- ½ cup unsweetened coconut milk
- ¼ cup toasted coconut flakes
- 1 Tbsp avocado oil

Marinade

- 14 oz organic sprouted extra firm tofu
- ¼ cup unsweetened coconut milk
- 1 Tbsp red curry paste
- 3 cloves garlic (minced)
- 1 Tbsp fresh ginger (minced)
- 1 Tbsp gluten-free low-sodium tamari sauce or liquid (coconut) aminos
- 1 Tbsp arrowroot starch
- 1 tsp fish sauce (*vegan fish sauce if vegan)

Peanut Sauce

- 2 Tbsp creamy organic peanut butter
- 1 Tbsp gluten-free low-sodium tamari sauce or liquid (coconut) aminos
- 1 Tbsp water
- 2 tsp chili garlic sauce
- 1 tsp fresh ginger (minced)
- ½ tsp coconut sugar
- ½ juice of a lime

Garnish

- ¼ cup unsalted peanuts, chopped cilantro, chili garlic sauce, lime wedges

Directions

1. Preheat the oven to 450 degrees and line a baking sheet with aluminum foil.
2. To make the spaghetti squash, cut the squash in half lengthwise, scoop out the seeds and lightly drizzle with oil and salt and pepper. Place squash face down on the baking

sheet and roast for 35-45 minutes or until the squash peels easily away from the skin. Set aside to cool before dragging a fork across the squash to create noodles.

3. To make the tofu, once you are done pressing the tofu to get the excess liquid out, cut into cubes and add to a Ziploc bag. In a small bowl, add all the marinade ingredients and mix until well combined. Pour mixture into a Ziploc bag and toss tofu to coat. Let sit for at least 15-30 minutes.
4. While the tofu is marinating, make the peanut sauce by adding all sauce ingredients to a small bowl and whisk vigorously until ingredients are well combined. Should be smooth and creamy yet pourable.
5. Once the squash has cooled down and you have scraped out all the squash into noodles, transfer to a large skillet that is set on medium-high heat with about 1 Tbsp oil.
6. Saute in the oil for 5-10 minutes or until crispy. Add coconut milk to the noodles and cook for an additional 5-10 minutes or until most of the liquid has cooked off and you are left with crispy yet moist noodles. Take the skillet off the heat and garnish with toasted coconut flakes. Set aside.
7. You can either bake the tofu in the oven or cook in the same skillet you just used for the spaghetti squash noodles. I like to cook the tofu in the skillet to give it a crispy texture.
8. Transfer noodle mixture into a large bowl and top with the tofu. Drizzle peanut sauce over the dish or put in a small serving dish to have on the side. Garnish with toppings and enjoy with chopsticks!

Notes

- Ingredients that I use: [canned organic unsweetened coconut milk](#), [tamari](#), soy-free version - [coconut aminos](#), [sprouted organic tofu](#), [fish sauce](#), [organic peanut butter](#), [vegan fish sauce](#), [chili garlic sauce](#)
- Meal Prep Version: divide noodle mixture and tofu into 4 containers and keep the peanut sauce/garnishes in a separate container so that you can pour over the mixture and garnish when ready to eat.
- Feel free to add roasted veggies to the dish like peppers, onion, carrots, and zucchini or steamed veggies like snap peas and broccoli.
- Plant-based protein alternatives: chickpeas, tempeh, beans or use chicken if you are wanting an animal based protein source.