

# One Pan Vegan Massaman Curry with Potatoes and Tofu

Prep: 10 minutes • Cook: 45 minutes

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*A Thai-inspired dump-and-bake massaman coconut curry where tender potatoes, tofu, and peanuts simmer in a warm, aromatic, mildly sweet and savory sauce—rich and comforting, perfect over jasmine rice.*

## Ingredients

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- 1 tablespoon garlic (minced)
- 2 teaspoons fresh ginger (minced)
- 1 tablespoon light brown sugar
- 3 tablespoons massaman curry paste
- 1 (15.5 oz) can coconut milk (full-fat)
- 1/2 cup water
- 2 tablespoons soy sauce or tamari
- 10 ounces gold potatoes (cut into 1" pieces)
- 1 large carrot (peeled and sliced into 1/2" pieces)
- 1 small or 1/2 medium yellow onion (ends trimmed and cut into 1/2" strips)
- 16 ounces extra firm tofu (pressed)
- 1/4 cup peanuts (roasted, unsalted)
- 1 lime (quartered, for serving)
- for serving cilantro (fresh, chopped (optional))
- for serving jasmine rice (cooked)

## Instructions

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1. Preheat the oven to 420°F and set a 9×13-inch casserole dish (with lid if available) aside.
  2. In the baking dish, whisk together the garlic, ginger, light brown sugar, massaman curry paste, soy sauce or tamari, coconut milk, and water until the curry paste is fully dissolved and combined.
  3. Add the potatoes, carrot, and onion; mix to coat in the sauce. Sprinkle the tofu and peanuts evenly on top, then cover the dish with a lid or tightly with aluminum foil.
  4. Bake on the middle rack for 45 to 50 minutes, until the potatoes are easily pierced with a fork.
  5. Remove from the oven, uncover, and let sit 5 minutes to cool slightly. Serve over cooked jasmine rice with lime wedges and cilantro. Refrigerate leftovers up to 5 days.
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**Tags: Vegan, Thai, Curry, One Pan, Tofu, Gluten-Free Option**

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