

THE DIETITIANS NETWORK OF NOVA SCOTIA

IBS-Friendly Coconut Curry Stir-fry

Canada has one of the highest rates of irritable bowel syndrome (IBS) in the world, so chances are many of us know someone who is affected by this chronic gastrointestinal disorder. Individuals with IBS often have multiple food intolerances and may struggle with finding suitable meal choices.

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| Recipe Name: | IBS-Friendly Coconut Curry Stir-fry |
| Recipe by: | Created by Antonia Harvey, P.Dt |
| Short description of recipe: | This recipe has been developed with the FODMAP diet in mind and is likely to be well-tolerated by the majority of individuals with IBS. |
| Serves | 4 |
| Ingredients: | <p>1 block of firm tofu or 3 medium chicken breasts 1-2 tsp canola oil</p> <p>1 tbsp cornstarch ¾ cup light canned coconut milk 1 tbsp soy sauce or tamari 1 tbsp curry powder 1 tsp sugar 1/8 to ¼ tsp crushed red pepper flakes</p> <p>1 medium Chinese eggplant, halved length-wise and sliced 1 small zucchini, halved length-wise and sliced ½ medium red or orange bell pepper, thinly sliced 2 baby bok choy or 5 large regular bok choy leaves, chopped, white and green parts separated</p> |
| Instructions: | <ol style="list-style-type: none">1. If using tofu, drain and remove from package. Wrap the tofu in paper towel and place on a plate. Place another plate on top of the tofu and put a heavy can on the second plate. Press the tofu for 30 minutes to remove excess water. When the tofu is pressed, removed paper towel and slice into ¼ inch-thick slices. Heat a non-stick pan on medium and fry the tofu slices until golden brown on each side. Pressing the tofu down with a spatula during this process helps. Remove the tofu from the pan, place on a clean plate and cut into cubes. If using chicken, slice into thin strips, and using 1 tsp of oil, stir-fry in a non-stick pan on medium heat until cooked through. Remove from pan and set aside on a clean plate.2. In a small bowl, combine the cornstarch with a small amount of cold water. Mix until the cornstarch is completely dissolved. Stir in the coconut milk, soy |

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| | <p>sauce/tamari, curry powder, sugar, and red pepper flakes. Set aside.</p> <ol style="list-style-type: none">3. Heat 1 tsp of oil in the non-stick pan. Add the eggplant, zucchini, pepper, and white part of the bok choy. Cook until starting to soften.4. Stir the sauce thoroughly and add to the pan along with the green parts of the bok choy and tofu/chicken.5. Cook until the sauce is thickening and the tofu/chicken is heated through, about 3-5 minutes.6. Serve stir-fry over rice or quinoa. |
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What is the FODMAP diet?

The FODMAP diet is an elimination diet that is used in IBS to help individuals determine their food intolerances. In order to ensure adequate nutrition and proper use of the diet, it should not be done without the supervision of a registered dietitian.