



North Indian Tofu Curry

with fragrant garlic rice

Veggie Calorie Smart 25-30 mins

14



Tofu



Rice



Chopped Tomato with Onion & Garlic



Rogan Josh Curry Paste



Mushrooms



Garlic



Chives



North Indian Style Spice Mix

Pantry Items: Salt, Pepper, Sugar, Water, Butter (Optional), Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid, pan with lid

Ingredients

	2P	4P
Tofu	280 g	560 g
Rice	150 g	300 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Rogan Josh Curry Paste	1 sachet	2 sachets
Mushrooms	250 g	500 g
Garlic	2 units	4 units
Chives	5 g	10 g
North Indian Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	569.5 g	100 g
Energy (kJ/kcal)	2380.7 kJ/ 569 kcal	418 kJ/ 99.9 kcal
Fat (g)	13 g	2.3 g
Sat. Fat (g)	2 g	0.4 g
Carbohydrate (g)	82.7 g	14.5 g
Sugars (g)	14.3 g	2.5 g
Protein (g)	31 g	5.4 g
Salt (g)	3.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



You can recycle me!



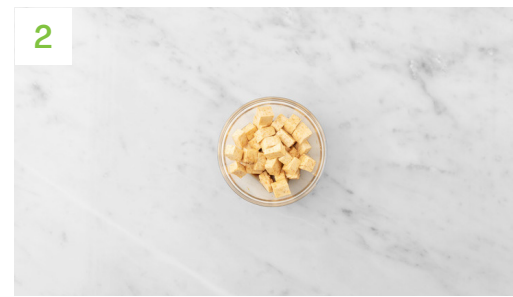
Make the Garlic Rice

- Peel and grate the **garlic** (or use a garlic press).
- Place a pot over medium-high heat with a knob of **butter** and a drizzle of **oil**.
- When hot, fry the **garlic** for 1 min.
- Add the **rice** and 300ml cold **salted water** (double for 4p). Bring to the boil then lower heat to medium and cover.
- Cook for 10 mins, then remove the pot from the heat. Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Veg

- Once hot, fry the **mushrooms** for 7-10 mins. Shift frequently to ensure they don't burn.
- Season with **salt** and **pepper**.



Get Prepped

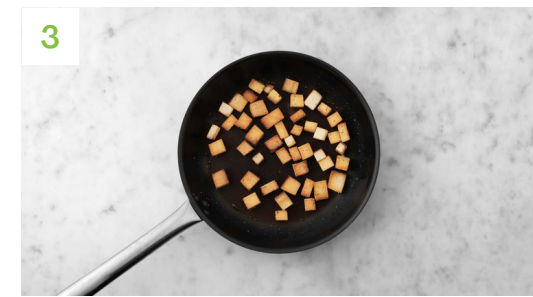
- Meanwhile, drain the **tofu** and chop into 1cm cubes. Pat dry with kitchen paper.
- Quarter the **mushrooms**, halving any larger quarters so all are evenly sized.



Simmer the Sauce

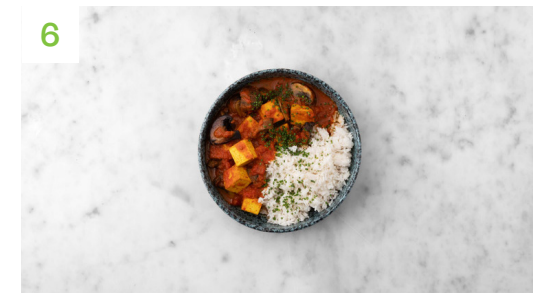
- Add the **North Indian spice mix** and **rogan josh paste** to the pan. Fry for 1-2 mins.
- Pour in 50ml **water**, ½ tsp **sugar** (double both for 4p) and the **chopped tomato**.
- Cover and simmer until the **mushrooms** are tender, 8-10 mins.
- Add the **tofu** and cook to warm through, 1-2 mins.
- Season to taste with **salt**, **pepper** and **sugar**.

TIP: Add a splash of water if you feel the sauce needs loosening.



Time to Fry

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 7-10 mins.
- Shift frequently to ensure it doesn't burn. Season with **salt** and **pepper**.
- Transfer to a bowl, pop your pan back on medium-high heat and add a drizzle of **oil**.



Divide and Serve

- Roughly chop the **chives** (use scissors if you prefer).
- Divide the **tofu** curry between bowls and serve the **garlic rice** alongside.
- Finish with a sprinkling of chopped **chives**.

Enjoy!