



North Indian Tofu Curry with fragrant garlic rice

Family Veggie 25-30 mins

9



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, Oil, Butter

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, lid, pot

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.

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?
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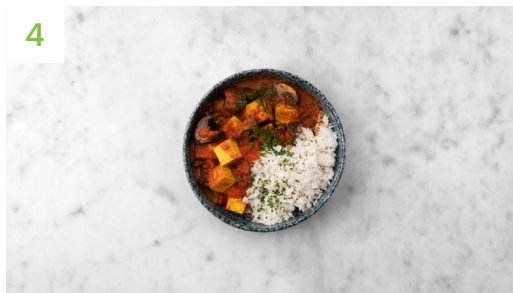


You can recycle me!



Make the Garlic Rice

- Peel and grate the **garlic** (or use a garlic press).
- Place a medium pot over medium-high heat with a knob of **butter** or **oil**.
- When hot, fry the **garlic** for 1 min.
- Add the **rice** and 300ml **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 and leave aside for another 10 mins or until ready to serve (keep covered so the rice can continue to cook in its own steam).



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!



Time to Fry

- Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Quarter the **mushrooms**, halving any larger pieces.
- Place a separate pot over high heat with a drizzle of **oil**.
- Once hot, fry the **tofu** and **mushrooms** for 7-10 mins. Shift frequently to ensure they don't burn. Season with **salt** and **pepper**.



Make the Curry

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