

## **Tofu Curry with Tomato Gravy** **(7 servings)**

### **Ingredients:**

- Organic Extra Firm Tofu – 1 pack (14 oz) – Drain the water completely and cut it into cubes
- Bell peppers washed and cubed – 1 red, 1 green and 1 orange/ yellow (mix of peppers of your choice)
- Plum Tomatoes –washed and pureed - 4 medium size plum tomatoes
- Thai green chills – de-seed and blend along with tomatoes
- Roasted cumin powder – 2 TSP
- Red pepper powder – 2 TSP
- Turmeric – ½ TSP
- Roasted coriander powder – 1 TSP
- Black pepper powder – 1 TSP
- Olive oil – ½ cup
- Olive oil 2 tbsp
- Cumin seeds – 1 TSP
- Cloves - 2
- Cinnamon stick ½ inch
- Chopped cilantro for garnish

### **Method to cook Tofu and bell peppers:**

1. Take a flat-bottomed pan and heat ½ cup of olive oil. spread the cubed tofu pieces.
2. Sprinkle salt and black pepper powder and fry them on all sides till they turn light brown (by tossing them occasionally).
3. Set aside the fried tofu pieces.
4. In the same pan, add cubed bell peppers. Sprinkle some salt and black pepper powder and fry them till they are roasted nicely. Set aside in a bowl.

### **Method to cook curry:**

1. Heat olive oil in a pan and add cumin seeds, cloves, cinnamon stick.
2. Add tomato + green chills puree
3. Add all dry spices – turmeric, roasted cumin powder, roasted coriander powder, red pepper powder, black pepper powder and salt. Mix well and cover the pan with a lid and cook on medium flame till the tomato puree is well cooked and blended with spices and starts to separate from oil in the pan.
4. Add fried tofu and bell pepper pieces and mix well.
5. Cook covered for 5 mins on medium flame.
6. Cook uncovered for another 5 -7 mins and switch off.
7. Garnish with chopped cilantro and serve hot with cooked coconut milk rice or any plain rice.