

TOFU CURRY

🍴 4 SERVINGS ⌚ 25 MINUTES

INGREDIENTS

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|---|----------------------------------|---|----------------------------------|
| 3 | tablespoons oil | 3 | tablespoons curry powder |
| 1 | medium onion, diced finely | 1 | red pepper, sliced |
| 4 | garlic cloves, minced | 1 | cup water |
| 2 | tablespoons fresh ginger, minced | 1 | 13-ounce can light coconut milk |
| 1 | bunch cilantro | 1 | 14-ounce package extra firm tofu |

DIRECTIONS

1. Remove tofu from the package and pat dry with paper towels. Cut into cubes, season with salt, pepper and set aside.
2. Pluck cilantro leaves off the stems. Chop the stems finely. And reserve leaves for garnish.
3. Heat 2 tablespoons of oil in a large pot over medium heat. Add onion, garlic, ginger, cilantro stems and saute 2-3 minutes.
4. Make a well in the center by pushing the ingredients to the side. Add the remaining oil to the center and add curry powder. Stir to evenly coat the curry powder in oil.
5. Add the red pepper and saute everything together for 2 minutes.
6. Add tofu cubes, 1 cup of water, coconut milk and bring everything to a boil. Then reduce the heat and simmer for 5 minutes.
7. Add reserved cilantro leaves to garnish and serve with rice if desired.

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QUICK TIPS

- Half a cup of tofu has 10 grams of protein, which is about 20% of your daily needs.
- Bake tofu cut into cubes in a 350-degree oven for 30 minutes for a crispy texture.
- Tofu is a good source of calcium, which is important to build strong bones.

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