

# Tofu & mango curry

Serves 4

Time:

Preparation 30 min

Cooking 45 min

Total 1 hour 15 min

## Ingredients

### Tofu

- 790g firm calcium-set tofu (e.g. Cauldron foods or Taifun brands)
- 4 tsp vegetable oil such as rapeseed oil
- ½ tsp cayenne pepper
- ½ tsp ground cinnamon
- 1 tsp garam masala
- ½ tsp salt

### Curry

- 20g chopped red onion
- 6cm piece of ginger
- 6 cloves garlic
- 4 tbsp water
- 2 tsp vegetable oil such as rapeseed oil
- ½ tsp cumin seeds
- 4 bay leaves
- 8 cloves
- 560ml canned or culinary coconut milk
- 350g ripe mango pulp or purée, unsweetened or lightly sweetened, canned
- 1 tsp salt
- 4 tsp apple cider vinegar
- generous pinch black pepper
- ½ tsp garam masala for garnish
- 4 tbsp chopped coriander for garnish

## Method

### Tofu

1. Cut the tofu slab into ½-inch slices. Place them on a clean kitchen towel. Cover with another kitchen towel. Place a 10-pound (approximate) weight on top and let sit for 10 minutes. Cut the tofu slices into ½-inch cubes.

2. Heat the oil in a large pan over medium heat. When the oil is hot, tilt the pan so that the oil coats it evenly. Add the tofu and cook until lightly brown on some sides, stirring occasionally for 4 minutes. Add the cayenne pepper, cinnamon, garam masala and salt and mix well to coat. Cook for another two minutes and set aside.

Alternatively, cook the tofu pieces in an air fryer at 200 °C for 10 - 15 mins.



# Good Food Ideas recipe card

## Curry

3. In a blender, combine the onion, ginger and garlic and blend into a smooth purée with two tablespoons of water. Heat the oil in a large pan over medium heat. When the oil is hot, add the cumin seeds, bay leaves, and cloves. Cook for one minute. Add the puréed onion and cook until the onion mixture is dry and does not smell raw. Stir occasionally to avoid sticking for 13 to 15 minutes. Add the coconut milk, mango pulp, salt, and vinegar and mix well. Add the tofu and all the spices from the tofu pan to the sauce pan. Add a dash of black pepper.

4. Mix, cover and cook until the sauce comes to a boil for 5 minutes. Reduce the heat to low and cook uncovered until the sauce thickens and desired consistency is achieved for about 15 minutes. Taste and adjust the salt. Add ½ teaspoon or more sugar if the mango pulp was not sweet. Garnish with coriander and a dash of garam masala and serve hot.

Variation suggestion: use two cups of cooked chickpeas to make an exotic chana dal.

Recipe from Vegan Richa's Indian Kitchen © 2015 by Richa Hingle.

[www.veganricha.com/recipe-pages/vegan-mango-curry-tofu](http://www.veganricha.com/recipe-pages/vegan-mango-curry-tofu)

### Nutrition Facts

Mango Curry Tofu

Amount Per Serving (4 g)

Calories 350      Calories from Fat 243

% Daily Value\*

Total Fat 27g      42%

Saturated Fat 15g      75%

Polyunsaturated Fat 11g

Sodium 468mg      20%

Total Carbohydrates 15g      5%

Dietary Fiber 4g      16%

Sugars 6g

Protein 18g      36%

\* Percent Daily Values are based on a 2000 calorie diet.

