



Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add it to hot water for a delicious herbal tea.



Saag Tofu Curry with Crispy Papadums

A delicious Indian curry with cubes of fried tofu and sautéed spinach cooked in aromatic spices and finished with coconut cream served on a bed of brown basmati rice with crispy papadums.



30 minutes



4 servings



Plant-Based

21 April 2023

Spice it up!

Serve this dish with fresh sliced chilli or a wedge of lemon to finish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	46g	48g

FROM YOUR BOX

BROWN BASMATI RICE	300g
FIRM TOFU	2 packets (2 x 300g)
BROWN ONION	1
TOMATOES	2
GINGER	1 piece
COCONUT CREAM	400ml
ENGLISH SPINACH	1 bunch
CORIANDER	1 packet
PRE-COOKED PAPADUMS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, garam masala

KEY UTENSILS

large frypan, saucepan

NOTES

Coconut oil works well with this dish.



1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. FRY THE TOFU

Dice tofu, pat dry, and add to a frypan over medium-high heat with **oil** (see notes). Cook for 5 minutes, turning, until golden. Remove to a plate and keep pan on heat.



3. SAUTÉ THE AROMATICS

Add **1 tbsp oil** to pan. Slice onion and wedge tomatoes. Peel and grate ginger. Add all to pan as you go along with **3 tsp garam masala** and **1 tbsp cumin**. Cook for 5 minutes until fragrant.



4. SIMMER THE CURRY

Stir in coconut cream. Simmer for 5 minutes. Rinse and slice spinach. Add to pan along with tofu. Cook for a further 5 minutes until spinach is wilted. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Chop coriander and use to garnish. Serve saag curry with rice and papadums.



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