

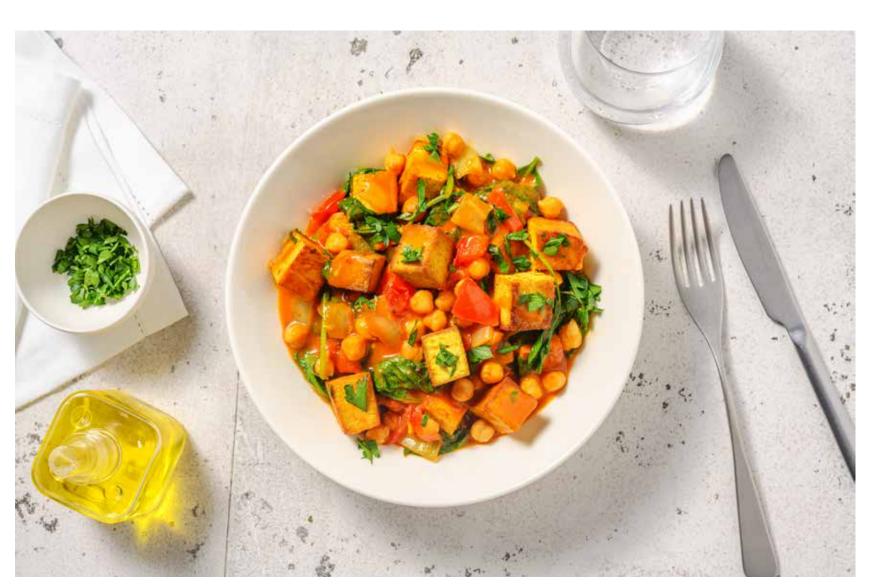
# Smart Double Tofu and Chickpea Curry

with Spinach in Tikka Sauce

Veggie

Smart Meal

30 Minutes













Baby Spinach

Cumin-Turmeric Spice Blend

56 g | 113 g

1 1/2 tsp | 3 tsp







Cilantro 7 g | 14 g

Tikka Sauce ½ cup | 1 cup

Vegetable Stock







Yellow Onion

1/2 | 1

Powder 1 tbsp | 2 tbsp



Tomato

1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

### Fry tofu

- Before starting, wash and dry all produce.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat tofu dry with paper towels. Cut tofu into ½-inch cubes.
- When hot, add **1 tbsp** (1 ½ tbsp) **butter**, then swirl the pan until melted.
- Add tofu, then season with salt, pepper and Cumin-Turmeric Spice Blend. (NOTE: Work in batches, if necessary.) Pan-fry, turning cubes occasionally, until crispy and golden, 4-5 min. (TIP: If spices start to burn, reduce heat to medium.)
- Transfer to a plate.



#### Prep

- Meanwhile, peel, then cut half the onion (whole onion for 4 ppl) into ¼-inch pieces.
- Cut tomato into ½-inch pieces.
- Roughly chop **spinach**.
- Roughly chop cilantro.



#### Saute onions and tomatoes

- Return the same pan (from step 1) to medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add onions and tomatoes. Cook, stirring occasionally, until softened, 3-4 min.



## Start curry

- Stir in tikka sauce and stock powder. Cook, stirring often, until sauce thickens slightly, 30 sec.
- Add 1 cup (2 cups) water and half the chickpeas with their canning liquid to the pan (use all for 4ppl). Bring to simmer over high.
- Once simmering, reduce heat to medium.
  Cover and cook, stirring occasionally, until chickpeas are tender and tomatoes are broken down, 8-10 min.



# Finish curry

- Add spinach, half the tofu and half the cilantro to the pan. Cook, stirring often, until spinach wilts, 1-2 min. (TIP: If curry reduces too much, add 2 tbsp water at a time, until desired consistency is reached.)
- Season with **salt** and **pepper**, to taste.



#### Finish and serve

- Divide curry between bowls.
- Top bowls with remaining tofu.
- Sprinkle remaining cilantro over top.

Measurements within steps 1 tbsp

**bsp** (2 tbsp)

sp) **oil**