



Smart Double Tofu and Chickpea Curry

with Spinach in Tikka Sauce

Veggie

Smart Meal

30 Minutes



Tofu
2 | 4



Chickpeas
½ | 1



Baby Spinach
56 g | 113 g



Cumin-Turmeric
Spice Blend
1 ½ tsp | 3 tsp



Cilantro
7 g | 14 g



Tikka Sauce
½ cup | 1 cup



Yellow Onion
½ | 1



Vegetable Stock
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.

1



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.

2



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**.

3



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.

4



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.

5



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.

6



Finish and serve

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