

# Karahi-Inspired Curry Tofu

with Golden Tomato-Pepper Gravy and Spinach Rice

Veggie

30 Minutes





1 | 2



34 cup | 1 ½ cup



**Baby Spinach** 



28 g | 56 g

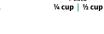




Yellow Onion



1 | 2







2 tbsp | 4 tbsp





Chicken Stock 1 tbsp | 2 tbsp



1 tbsp | 2 tbsp



Cumin-Turmeric Spice Blend 1 ½ tsp | 3 tsp

Allengens 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.

### Cook rice

- Before starting, wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and ¼ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add rice, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



## Prep

- Meanwhile, peel, then cut onion into ¼-inch pieces.
- Roughly chop **spinach**.



# Sear tofu

- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat tofu dry with paper towels. Cut into ½-inch pieces. Season with Cumin-Turmeric Spice Blend, salt and pepper.
- When hot, add 1 tbsp (2 tbsp) oil, then tofu. Sear, stirring occasionally until golden brown, 5-6. Transfer tofu to a plate.



## Start curry

- Reheat the same pan over medium-low.
- When hot, add 1 tbsp (2 tbsp) oil, onions and
  2 tbsp (4 tbsp) water. Cook, stirring often, until tender and golden-brown, 4-5 min.



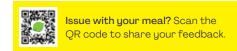
## Finish curry

- Add tofu, peas and Cream Sauce Spice Blend, to pan with onions. Stir to coat.
- Add curry paste, tomato sauce base, veggie stock powder, ½ tsp (1 tsp) sugar and
   1½ cups (3 cups) water.
- Bring to a boil over high, then reduce heat to medium. Cook, stirring occasionally, until curry thickens slightly 4-5 min.



#### Finish and serve

- Add roasted pepper pesto and 1 tbsp (2 tbsp) butter to curry. Season with salt and pepper. Cook, stirring often, until butter melts, 1 min.
- Fluff **rice** with a fork, then add **spinach**. Stir until wilted, 1 min.
- Divide rice between bowls.
- Top with curry.





oil