



# Karahi-Inspired Curry Tofu

with Golden Tomato-Pepper Gravy and Spinach Rice

Veggie

30 Minutes



Tofu  
1 | 2



Basmati Rice  
¾ cup | 1 ½ cup



Baby Spinach  
28 g | 56 g



Green Peas  
56 g | 113 g



Yellow Onion  
1 | 2



Roasted Pepper  
Pesto  
¼ cup | ½ cup



Tomato Sauce Base  
2 tbsp | 4 tbsp



Curry Paste  
2 tbsp | 4 tbsp



Chicken Stock  
Powder  
1 tbsp | 2 tbsp



Cream Sauce Spice  
Blend  
1 tbsp | 2 tbsp



Cumin-Turmeric  
Spice Blend  
1 ½ tsp | 3 tsp

**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.

Ingredient quantities	56g	113g
	2 person	4 person

1



### Cook rice

- Before starting, wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ 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.

2



### Prep

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

3



### 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.

4



### 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.

5



### 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 **1 ½ 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.

6



### 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**.

