

Saag Tofu



COURSE
Dinner, Lunch



SERVINGS
7

CALORIES
192 kcal

INGREDIENTS

- ¼ cup extra-virgin olive oil divided
- 4 tsp ground coriander
- ½ tsp ground cardamom
- 1 large onion chopped
- 2 garlic cloves finely chopped
- 1-3 pieces of ginger peeled, chopped
- 2 lb. spinach
- 2 small Indian green chile or serrano chile coarsely chopped
- 3 tsp fresh lime juice
- Kosher salt
- 2 - 15 oz blocks medium tofu cut into 1" cubes
- 2 tsp cumin seeds
- ½ tsp red chili powder

INSTRUCTIONS

1. Heat 2 Tbsp olive oil in a large skillet over medium.
2. Add coriander seeds and cardamom, stirring constantly, until starting to brown, about 2 minutes.
3. Add onion and cook, stirring occasionally, until translucent and slightly browned.
4. Mix in garlic and ginger and cook for 1 minute.

5. Add spinach by the handful, letting it wilt slightly after each addition before adding more. Cook until all of the spinach is just wilted.
6. Remove pan from heat and add chile and lime juice
7. Season with salt. Let cool 5 minutes.
8. Transfer spinach mixture to a blender and blend until a coarse paste forms, about 1 minute.
9. Return spinach mixture to pan and set over low heat.
10. Stir in ½ cup water, then gently fold in tofu, being careful not to break up. Cook until tofu is slightly softened and has absorbed some of the sauce, 5–7 minutes.
11. Meanwhile, heat remaining 2 Tbsp olive oil in a small saucepan over medium-high, 1 minute.
12. Add cumin seeds. As soon as cumin seeds start to pop, sputter, and brown, remove from heat, 1 minute tops.
13. Immediately add chili powder.

NUTRITION

Nutrition Facts

Saag Tofu

Amount Per Serving (1 g)

Calories 192 Calories from Fat 117

% Daily Value*

Fat 13g **20%**

Carbohydrates 9g **3%**

Protein 13g **26%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!