



Tofu Kadai (HV)

Serving: 1

Veg

Ingredients

- - 1 tsp soya oil
- -1 tsp ginger-garlic (adrak-lehsun) paste
- -2 tbsp finely chopped onions
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- -1 tsp coriander-cumin seeds (dhania-jeera) powder
- -1 tsp chilli powder
- -1 tsp garam masala
- -1 tsp dried fenugreek leaves (kasuri methi)
- - $\frac{1}{2}$ cup fresh tomato purée
- -2 tbsp sliced capsicum
- -100 grms tofu , cut into thick strips
- -salt to taste
- -1 tbsp chopped coriander (dhania) for garnishing

Preparation Method

- -Heat the soya oil in a non-stick kadhai, add the ginger-garlic paste and onions and sauté till the onions turn light brown in colour.
- -Add the turmeric powder, coriander-cumin seeds powder, chilli powder, garam masala and dried fenugreek leaves and cook for 2 to 3 minutes.
- -Add the tomato purée and $\frac{1}{4}$ cup of water and simmer for 10 minutes.
- -Add the capsicum, tofu, salt and $\frac{1}{4}$ cup of water, mix lightly and cook for another 5 minutes.
- -Serve hot garnished with coriander.