



Tofu cauliflower korma (HV)

Serving: 1

Veg

Ingredients

- -1 tsp olive oil
- -1 tsp mild curry powder
- -1 tsp garam masala
- -salt to taste
- - $\frac{1}{4}$ cup roughly chopped carrots
- -1 /2onion, peeled and roughly cut
- -3 cloves garlic, roughly chopped
- -1 cup plum tomatoes
- -30m canned low fat coconut milk
- -50 grams tofu, cut into $\frac{1}{2}$ -inch cubes
- -1 cup cauliflower florets,
- -1 tsp lemon juice
- -2 tbsp chopped fresh mint or cilantro, to serve (optional)

Preparation Method

- -In a large pot, heat oil or butter over medium heat; add spices, salt, carrots, onion, and garlic. Sauté for 8 to 10 minutes, until onions are translucent.
- -Add tomatoes and coconut milk, bring to a boil, reduce to medium, cover, and cook for 5-6 minutes, or until vegetables are very tender.
- -Transfer to a blender or food processor or use an immersion/stick blender directly in the pot, and puree until smooth.
- -Add back to pot if necessary along with tofu, cauliflower, and lemon juice. Bring to a boil, reduce to medium, cover, and cook until cauliflower is extremely tender, about 10 minutes.
- -Serve hot