

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 5 Veg



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Ingredients

- • 2 (28-ounce) cans diced tomatoes
- • 1 tablespoon packed organic brown sugar
- 1 tablespoon lime juice
- 1 onion, chopped
- • ½ cup canned chopped green chiles.
- • 3 tablespoons extra-virgin olive oil
- • 3 tablespoons plus ½ teaspoon chili powder
- • 4 garlic cloves, sliced thin
- Salt and pepper
- • 14 ounces firm tofu, halved lengthwise, then cut crosswise into 34-inch-thick slabs.
- • 1 avocado, halved, pitted, and diced.
- • 1/4 cup minced fresh cilantro
- • 2 scallions, sliced thin
- • 8 (6-inch) corn tortillas, warmed

• 1 Adjust oven rack to middle position and heat oven to 500 de grees. Line rimmed baking sheet with parchment paper. Drain tomatoes in fine-mesh strainer set over bowl, pressing to extract as much juice as possible. Reserve 14 cups tomato juice and discard remainder. Whisk sugar and

lime juice into tomato juice.

Preparation Method

- 2 Combine onion, chiles, 2 tablespoons oil, 3 tablespoons chili powder, garlic, ½ teaspoon salt, and drained tomatoes in sec ond bowl. Transfer tomato mixture to prepared baking sheet and spread in even layer to edges of sheet. Roast until charred in spots, 35 to 40 minutes, stirring and redistributing into even layer halfway through baking
- 3 Meanwhile, spread tofu on paper towel-lined baking sheet and let drain for 20 minutes. Gently press dry with paper tow els, season with salt and pepper, and sprinkle both sides with remaining teaspoon chili powder.
- 4 Heat remaining 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add tofu and cook until golden and crisp on both sides, 5 to 7 minutes; transfer to paper towel-lined plate
- 5 Transfer roasted tomato mixture to now-empty skillet and stir in reserved tomato juice mixture. Season with salt and pep per to taste, then spread into even layer. Nestle tofu in sauce. Bring to simmer over medium heat, cover, and cook until tofu is warmed through and sauce thickens slightly, about 2 minutes. Off heat, sprinkle with avocado, cilantro, and scallions. Serve with warm tortillas.