

Masala Baked Indian Tofu with Turmeric Rice

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5 from 7 votes

Prep Time

10 mins

Cook Time

30 mins

Total Time

40 mins

This masala baked Indian tofu is made with baked up cubes of tofu in spicy curried tomato sauce. Serve over turmeric infused basmati rice and sprinkle with crunchy cashews for a healthy and spicy warm up meal.

Course: Entree

Cuisine: American, Indian-Inspired

Servings: 4

Calories: 400 kcal

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Ingredients

For the Masala Baked Indian Tofu

- 2 tbsp. soy sauce or tamari
- 2 tbsp. lemon juice
- 2 tbsp. agave or maple syrup
- 1 tbsp. tomato paste
- 2 tsp. vegetable oil, omit for oil free
- 1 1/2 tsp. fresh grated ginger
- 2 garlic cloves, minced
- 1 1/2 tsp. garam masala
- 1/4 tsp. black pepper
- 1 lb. extra firm tofu, drained, patted dry and cut into 1/2 inch cubes
- 1/4 cup fresh cilantro leaves

For the Turmeric Basmati Rice

- 1 cup basmati rice
- 1 3/4 cups water
- 1 1/2 tsp. black mustard seeds, optional, but really nice
- 1 tbsp. vegetable oil, omit for oil free
- 1/4 tsp. turmeric
- salt to taste

For Serving

- about 2 cups fresh spinach leaves, lightly packed
- 1/4 cup roasted cashews
- 2 scallions, chopped

Instructions

Make the Masala Baked Indian Tofu

1. Preheat oven to 400° and line a baking sheet with parchment paper.
2. Stir soy sauce or tamari, lemon juice, agave or maple syrup, tomato paste, oil, fresh ginger, garlic, garam masala and pepper together in a medium bowl. Add tofu cubes and gently toss to coat.
3. Arrange tofu cubes in an even layer on baking sheet. Bake until sauce thickens and browns in spots, about 30 minutes, flipping halfway through. Remove from oven and stir in cilantro.

Make the Turmeric Rice

1. While tofu bakes, place rice, water, mustard seeds, oil and turmeric into a small saucepan. Bring water to a boil. Stir a few times, lower heat to a low simmer, cover and allow to cook until all liquid is absorbed, about 20 minutes. Remove from heat and allow to sit for five minutes. Uncover and season with salt to taste.

Serve

1. Divide rice and spinach onto plates. Top with tofu and sprinkle with cashews and scallions. Serve.



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Nutrition Facts

Masala Baked Indian Tofu with Turmeric Rice

Amount Per Serving

Calories 400 Calories from Fat 138

% Daily Value*	
Fat 15.3g	24%
Saturated Fat 3.1g	16%
Sodium 781mg	33%
Potassium 496mg	14%
Carbohydrates 52.7g	18%
Fiber 3.1g	12%
Sugar 8.3g	9%
Protein 15.7g	31%
Calcium 220mg	22%
Iron 4mg	22%

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