



INDIAN MALAI TOFU

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- TOFU
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- 450g extra firm tofu, pressed, cubed
- ½ tsp garlic powder
- 1 tsp garam masala
- 1 tbsp tapioca starch
- 1 tbsp oil

METHOD

- Place tofu cubes into a bowl, sprinkle with garlic, garam masala, tapioca and oil.
- Mix to coat, heat frying pan to medium and add oil, then add tofu and fry until crisp.
- Set aside, and make the sauce.
- Heat oil in same pan, add onion and extra salt and cook until translucent.
- Add garlic and ginger and cook 3 minutes, add spices, bay leaves and mix well.
- Add tomato paste, natvia and a little water, mix well and cook 3-4 minutes.
- Add coconut milk and almond meal and stir to combine and bring to the boil.
- Add crispy tofu, mix well and simmer on medium heat for 5 minutes.
- Add more salt if needed.
- Garnish with coriander and coconut yoghurt.

SAUCE

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- 1tbsp oil
- ½ tsp pink rock salt
- 2 medium onions, thinly sliced
- 2 tsp crushed garlic
- 1 tbsp grated ginger
- 1 tbsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground cardamon
- ½ tsp cayenne
- 3 bay leaves
- ¼ tsp ground cinnamon
- ½ cup tomato paste
- 1 tsp natvia, or sweetening
- 400ml can coconut full fat milk
- 3 tbsp almond meal