



Tofu pasanda

with kachumber and rice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large deep frying pan, small pot



Pantry items needed: vegetable oil, salt, freshly ground black pepper



Hands-on: 30 minutes
Ready in: 35 minutes



Serves: 2 or 4

Pasanda is a mild curry everybody will love, similar to the well known korma, but differentiating itself with its mix of aromatic spices, ground almonds and plant-based cream. Served with a fresh kachumber salad and fluffy basmati rice, it's a winner.

NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Firm tofu	1 packet	1 packet
Brown onion	150g	300g
Ginger	15g	30g
Garlic	6g	12g
Lime	80g (half)	80g
Basmati rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cup
Vegetable oil, divided*	3 tbsp	6 tbsp
Pasanda spice	1 packet	1 packet
Alpro soy cream	1 carton	2 cartons
Ground almonds	1 packet	1 packet
Water*	3 tbsp	6 tbsp
Cucumber	150g	300g
Tomato	100g	200g
Salt*	1 tsp	2 tsp
Freshly ground black pepper*	to taste	to taste

* Pantry items

Allergens and ingredients

Allergens: soy, almond.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Pat **tofu** dry with kitchen paper towel and tear into bite-sized pieces. Finely dice **onion**. Finely grate **ginger**. Mince **garlic**. Juice **lime** ($\frac{1}{2}$ for **2 serves** and **1** for **4 serves**).

3. Cook rice

Rinse **basmati rice** through a sieve until the water runs clear. In a small pot, add **basmati rice** and **water for rice*** and bring to a boil. Reduce heat to low and simmer, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Fry tofu

In a large deep frying pan over medium-high heat, add **half** the **vegetable oil***. When hot, add **tofu** and fry until crisp and golden all over, about **8 minutes**. Transfer to a bowl.

4. Cook pasanda

In the same frying pan over low-medium heat, add remaining **vegetable oil*** and **onion** and sauté for **5 minutes**. Add **ginger**, **garlic** and **pasanda spice** and cook, stirring constantly, for **3 minutes**. Add **plant-based cream**, **ground almonds** and **water***, bring to a simmer and cook, uncovered, stirring occasionally, for **10 minutes**. Add **tofu** and toss to coat with sauce. Allow to heat for **2 minutes**. Remove from the heat and stir in **lime juice** ($\frac{1}{2}$ tsp for **2 serves** and **1 tsp** for **4 serves**).

5. Make kachumber

Slice **cucumber** into thick rounds on the diagonal. Slice **tomato** into thick wedges. Place cucumber and tomato into a serving bowl, drizzle over **lime juice** (**1 tsp** for **2 serves** or **2 tsp** for **4 serves**) and season with **salt*** and **freshly ground black pepper*** to taste.

6. Serve

Serve **tofu pasanda** in bowls with **basmati rice** and **kachumber** on the side.

Eat your way
to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 645g serve	Per 100g
Energy	4249kJ (1016Cal)	659kJ (158Cal)
Protein	34.8g	5.4g
Fat, total	78.8g	12.2g
- Saturated	29.3g	4.5g
Carbohydrate	36.9g	5.7g
- Sugars	8.6g	1.3g
Sodium	1028mg	159mg

* Nutritional information is based on averages