

Tofu Kedgerree

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Kedgerree is a favourite of many, many people and this version, made with tofu, keeps it vegetarian and healthy. It's still delicious though! If you can, use marinated or smoked tofu for extra flavour.

Ingredients:

140g basmati rice
2 hard-boiled eggs
Oils
1 onion
1 red chilli
2 tbsp. medium curry powder
1 tsp. black mustard seeds
2 pinches cayenne pepper
100g firm tofu, cubed
4 spring onions
Small handful freshly chopped parsley

Directions:

1. Finely chop the onion. Slice the chilli in half and remove the seeds with the back of your knife. Finely dice the flesh. Thinly slice the spring onions.
2. Cook the rice according to packet instructions in boiling salted water. Meanwhile, cook the onion in a little oil until browned and softened. Add the chilli and cook until fragrant, then add the curry powder, mustard seeds and cayenne pepper.
3. Drain the rice and add to the pan. Stir and cook for a couple of minutes, then stir in the spring onions and parsley. Top with the eggs.

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