

Tofu Vindaloo

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This hot and spicy vindaloo is an excellent use of tofu. Tofu combines with cauliflower, carrots, onions and mushrooms in a spicy yet creamy sauce. It's also made with chickpeas, making it super filling - you don't even need to serve it with rice!

Ingredients:

450g extra-firm tofu, drained
1/2 head of cauliflower
3 carrots
2 onions
250g mushrooms
1 x 400g tin chickpeas
1 x 400g tin coconut milk
225ml vegetable or chicken stock
6 tbsp. tomato puree
3 tbsp. Vindaloo paste
5cm piece ginger, peeled and minced
3 tbsp. oil
Salt and pepper

Directions:

1. Separate the cauliflower into florets. Peel and slice the carrots. Peel and thinly slice the onions and thinly slice the mushrooms. Cube the tofu.
2. Heat the oil in a frying pan. Add the minced ginger and fry for 2-3 minutes until fragrant. Add the onions, cauliflower and carrots. Cook for about 5 minutes. Add the tomato paste and vindaloo paste, stir and cook for 2-3 minutes.
3. Add the mushrooms, tofu, chickpeas, vegetable stock, coconut milk and salt and pepper. Bring to a simmer. Cook for 15 minutes until veggies and chickpeas are tender.

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