

## Curried Tofu

2 servings

1 14 ounce (400 g) block firm tofu  
Spray oil plus 1 teaspoon  
¼ onion, finely sliced  
2 cloves garlic, minced  
2 cardamon pods  
2 teaspoon grated ginger  
2 teaspoons curry powder  
2 teaspoons garam masala  
2 tablespoons water  
4 curry leaves  
200 ml coconut milk  
salt to taste

### Dry rub

1 teaspoon curry powder  
1 teaspoon garam masala  
4 curry leaves, torn into small pieces  
1 teaspoons chili powder  
½ teaspoon turmeric  
½ teaspoon cumin  
¼ teaspoon ground cardamon  
2 teaspoons corn flour

Drain tofu and pat dry. Mix dry rub ingredients together. Break off bite sized pieces of tofu and sprinkle dry rub evenly over tofu pieces on both sides. Spray a thin film of oil on a toaster oven baking tray. Spread seasoned tofu pieces in one layer on tray, spray lightly with oil and toast in toaster oven for 6 minutes. Remove tofu from oven, carefully turn and toast for a further 6 minutes. Switch off heat but leave tofu in toaster oven.

Spray bottom of heavy frying pan or skillet. Add oil and heat on medium heat. Add cardamon and ginger. Add onion and cook until golden. Add curry powder and garam masala to water and stir. Pour curry mixture into pan and cook until thickened. Add curry leaves followed by tofu. Stir carefully. Add coconut milk, continuing to stir gently to coat the tofu pieces. Add salt to taste

Serve in rice or quinoa.

