

TONZU

PLANT-BASED WHOLEFOODS

Curried Tofu in Pita Bread

Serves 3-4 people

So quick and tasty! These curry-pita sandwiches are great for breakfast, lunch or dinner. Tonzu Tofu holds in all that delicious curry flavour really well! Include the recommended vegetables or leave them out if you prefer and serve with some salad leaves in your pita pocket - Delicious either hot or cold!

Difficulty Level: Medium

Prep Time: 10 minutes

Cook Time: 10-15 minutes

Total Time: 20-25 minutes



INGREDIENTS

- 600g TONZU Tofu, mashed
- 2 tbsp oil
- 2 cups sliced mushrooms
- 2 cups onion diced
- ½ cup thinly sliced carrots
- 2 cups shredded cabbage
- 2.5 tbsp vegan margarine
- 2 tbsp gluten free flour or regular flour
- 2 tbsp mild curry powder (or a more spicy powder if you like a bit of heat)
- 1 cup water
- 1 tsp salt
- 6 pita breads, slit open along top

HOW TO MAKE

1. Heat the oil in a large frying pan, add the mushrooms and sauté for 2 minutes. Add the onion and carrots sautéing for 2 minutes. Add the cabbage and sauté for another 2 minutes, remove from the heat.
2. Melt the margarine in a small pan, add the flour and sauté for 30 seconds until lightly browned. Mix in the curry powder and salt, then slowly add the water, stirring constantly.
3. Cook, stirring for 1 minute then mix in the mashed TONZU Tofu and cook for a further minute.
4. Combine the curried tofu with the fried vegetables in a large bowl, mixing well.

HOW TO SERVE

Stuff your pita pouches with the tofu-vegetable mixture and enjoy!