

# TONZU

PLANT-BASED WHOLEFOODS

## Tofu & Vegetable Curry Serves 5-6 people

Make this vegetable curry with TONZU Tofu for a quick, easy and tasty dinner. Change up the vegetables to suit your taste or what's available in the fridge. Serve with steamed rice and a side dish of ZENZO Coconut Yoghurt Tzatziki.

**Difficulty Level:** Easy

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes



### INGREDIENTS

- 600g TONZU Organic Tofu, cubed
- 4 tsp olive oil
- 1 garlic clove, crushed
- 1-2 tbsp curry powder, adjust to your preferred heat level
- 2 cups frozen peas
- 2 carrots, diced
- 1 onion, sliced thinly
- 2 fresh tomatoes, chopped
- 1 cup coconut cream
- Salt to taste

### HOW TO MAKE

1. Heat the oil in a large wok or frying pan.
2. When the oil is hot, but not smoky, add the garlic and sauté for a minute. Remove and set aside.
3. Mix the curry powder and tofu cubes together and add to the pan, sautéing for 3 minutes, turning frequently. Remove and set aside.
4. Add the carrots and onion, sautéing over a low heat, continually stirring and tossing.
5. When the carrots are tender and the onions appear translucent, after approximately 3 minutes, add the peas and tomatoes and heat through for 2 minutes.
6. Add the coconut cream and heat through until bubbling.
7. Add the tofu and garlic back into the pan, add salt and pepper to taste and heat through for a couple of minutes, then serve.

### HOW TO SERVE

This makes a great meal served with steamed rice, add a dollop of TONZU Sour cream, ZENZO dairy-free Sour Cream, TONZU Tzatziki or ZENZO plain Coconut Yoghurt