

Mango Tofu Curry



DIETARY:
Vegetarian, Vegan

MAKING THIS RECIPE

Ingredients

500g firm tofu, cut into cubes
¼ tsp [Chilli Powder](#)
¼ tsp [Ground Cinnamon](#)
1 tsp [Garam Masala](#)
¼ tsp salt
½ onion, diced
Thumb-sized piece of ginger, peeled and chopped
3 cloves garlic, sliced
¼ tsp [Cumin Seeds](#)
2 [Bay Leaves](#)
4 [Cloves](#)
300ml coconut milk
1 mango, pureed
2 tsp apple cider vinegar
1 carrot, sliced
Handful of green beans, sliced
1 tbsp of fresh coriander, for garnish
Dash of cooking oil

Method

Step 1:

Over a medium heat, add a dash of cooking oil into a wok. Fry the tofu for around 5 minutes on each side, or until golden brown.

Step 2:

Add the chilli powder, cinnamon, salt, and half a teaspoon of garam masala, and mix until the tofu is well coated.

Step 3:

Add the onions, ginger and garlic to the tofu and mix, cooking for a further 1 minute.

Step 4:

Add 4 cloves, ¼ tsp cumin seeds and 2 bay leaves. Cook for 1 minute.

Step 5:

Add the carrots and beans and cook for a further 2 minutes.

Step 6:

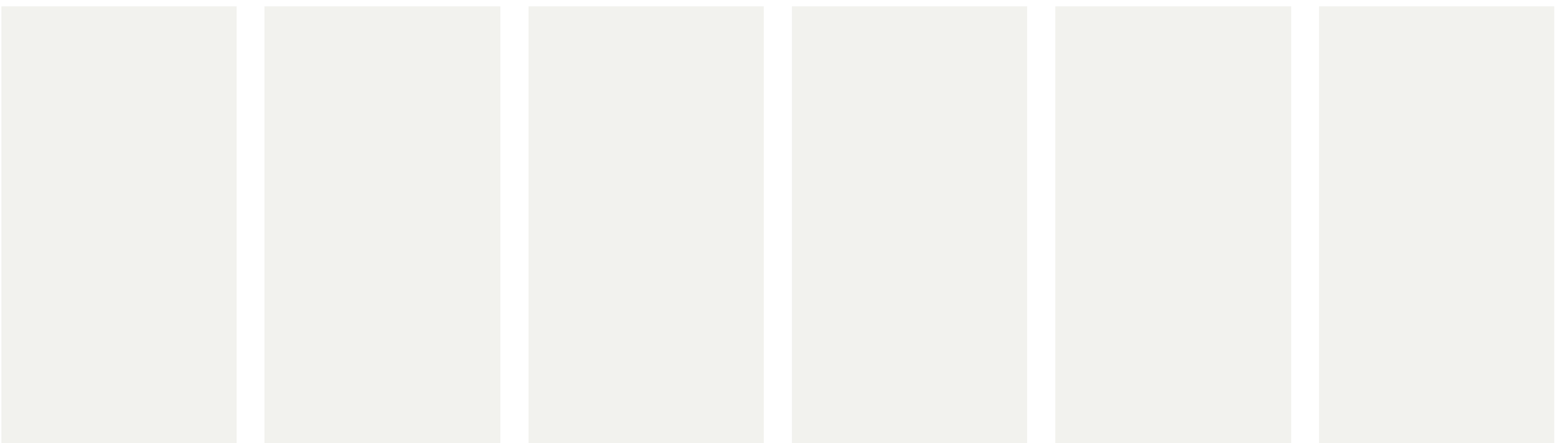
Stir in the mango puree and coconut milk and reduce the heat to a simmer. Add another half teaspoon of garam masala and the apple cider vinegar.

Step 7:

Once the vegetables are tender, remove from the heat and garnish with chopped coriander.



Buy the ingredients for this recipe



Jambalaya Recipe
CAJUN

TAKE A LOOK



Veggie Chilli
CAJUN, MEXICAN, WORLDWIDE

TAKE A LOOK



Coronation Chicken
WORLDWIDE

TAKE A LOOK