

# INDIAN SPINACH AND TOFU CURRY

**Preparation time:** 20 minutes

**Cooking Time:** 20 minutes

**Serves:** 4



## Ingredients

- 1 tablespoon olive oil
- 1 teaspoon grated fresh ginger
- 1 clove garlic, crushed
- 1 onion diced
- 2 tablespoons medium curry paste
- 375g packet of firm tofu, cut into cubes
- 2 tablespoons pumpkin seed kernels
- 8 cups (250g) English spinach leaves (or frozen spinach)
- 2 tomatoes, diced
- 4 cups steamed brown rice

## Nutritional Information:

Kilojoules 1950 kJ  
Calories 465 cal  
Protein 17 g  
Total fat 14 g  
Carbohydrate 63 g  
Sodium 480 mg  
Potassium 740 mg  
Calcium 265 mg  
Iron 8.5 mg  
Fibre 8 g

## Method

1. Heat a frypan over medium heat, add oil, ginger, garlic, onion, and curry paste. Cook for 2 minutes stirring constantly until fragrant.
2. Add tofu and fry for 5-8 minutes until tofu is coated. Add pumpkin kernels and cook for 2 minutes. Add spinach, place a lid on the pan and cook for a further 3 minutes until spinach is soft.
3. Add the tomatoes and stir until combined and heated through. Serve with steamed rice.

## Tips

You can buy tofu from supermarkets, usually in the refrigerated section. Cover any unused tofu with plenty of cold water and store in a container in the fridge. Change the water daily to keep the tofu fresh.

Tofu provides the body with iron, calcium, protein, folate and thiamin plus many other nutrients too.

To marinate tofu: place in a shallow dish and cover with marinade, leave for about 30mins. Use a combination of soy sauce, sesame oil, garlic, lemon or honey, you can even try basil pesto, homemade or from the shops. There's an abundance of marinades in the supermarkets that are quick and easy to use.

