

## TOFU KORMA

High Calcium, low GI vegan curry

 35 minutes

 35 minutes

 2 portions

### INGREDIENTS

- 400 grams of tofu, raw, regular, prepared with calcium sulfate
- 1/2 can of coconut milk, retail (200 g)
- 2 level teaspoons of curry powder (6 g)
- 1 tbsp of tomato products, canned, paste, without salt added (16 g)
- 1 tablespoon of sugar, brown (20 g)
- 100 grams of spinach, baby, raw
- 1 medium unit of peppers, capsicum, green, raw (160 g)
- 100 grams of mushrooms, white, raw
- 50 grams of cashew nuts, kernel only, plain
- 140 grams of rice, brown, wholegrain, raw
- 1/2 level teaspoon of salt (3 g)
- 1/2 Oxo unit of stock cubes, vegetable (3 g), made up with 200ml boiling water

### COOKING METHOD

- 1° Cook the rice in pressure cooker or rice cooker Soak cashew nuts in boiling water
- 2° Chop and Fry vegetables in a non stick pan (not spinach) Add tomato paste and splash of water if needed
- 3° Drain tofu , chop into cubes and add to the pan Add coconut milk
- 4° Add vegetable stock Drain and add the cashew nuts
- 5° Add the spinach Heat on medium heat and stir until cooked Add sugar and salt
- 6° Serve with the cooked rice

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (586 g)	% DRI
ENERGY	131 kcal	770 kcal	39 %
PROTEIN	5 g	30 g	61 %
CARBOHYDRATE	14 g	80 g	31 %
SUGARS	3 g	18 g	20 %
FAT	7 g	41 g	58 %
FATTY ACIDS, TOTAL SATURATED	3 g	19 g	94 %
FIBER	1 g	4 g	17 %
SODIUM	137 mg	802 mg	33 %