

# Vegan Curry

**Calories:** 219 kcal

**Servings:** 4

**Time:** 60 Mins

## Ingredients

- 1.00 bunch Baby Bok Choy
- 1.50 tsp Chili Powder
- 400.00 ml Coconut Cream
- 2.00 tsp Coriander (root and stem, finely chopped)
- 1.00 tbsp Extra Virgin Olive Oil
- 2.00 tsp Garam Masala
- 2.00 clove Garlic (crushed)
- 2.00 tsp Ginger (grated finely)
- 400.00 g Nigari Tofu (firm)
- 30.00 g Spring Onion (finely chopped)
- 2.00 tsp Turmeric Powder
- 400.00 ml Vegetable Broth (or stock)

## Instructions

1. Preheat oven to 180°C (355°F). Wrap tofu in absorbent paper towel or similar and place on a flat surface with something heavy on top of it. Allow the tofu to 'press' for 15 minutes.
2. Cut tofu into 2cm cubes. Toss the tofu in a bowl with 1 tsp garam masala, 1 tsp turmeric powder, 1 tsp chilli powder and salt. Spread on a lined baking tray in a single layer. Bake for 20 minutes.
3. Combine the spring onion, garlic, coriander, and ginger with the remaining 1 tsp garam masala, 1 tsp turmeric and 1 tsp chilli powder in a small bowl.
4. Heat pot on medium to high heat and once hot add the olive oil and spice mix. Cook for 3 minutes until fragrant. Add coconut cream and vegetable broth and bring to a simmer.
5. Simmer for 15 minutes, then add the baked tofu. Simmer for a further 5 minutes.
6. Separate bok choy leaves and wash well. Add to the curry and simmer for 1 minute.
7. Cauliflower Rice
8. Stir-fry riced cauliflower with crushed garlic for 5 minutes on medium-high heat. Season with salt and pepper.
9. Divide into 4 servings.