

Tofu Tikka Masala



A marinated and slightly charred tofu, in a rich creamy tomato sauce that won't disappoint.

Ingredients

500 g extra firm tofu, pressed to remove excess liquid and cut/torn into 2-3cm chunks

2 tsp garlic, crushed

2 tsp ginger, grated

3/4 cup greek yoghurt

1/4 cup extra virgin olive oil

1 tbsp ground coriander

1 tbsp paprika

1/2 tsp turmeric

1/2 tsp nutmeg

1/2 tsp ground cardamom

1/2 tsp ground cinnamon

1/2 tsp black pepper

1 tsp cumin
1 onion, grated
6 curry leaves
4 tomatoes, chopped
1 tsp chilli flakes
1 lime, juiced
1/4 cup light coconut milk
2 tbsp coriander, chopped
6-8 wholemeal naan/roti

Method:

1. In a bowl, mix all the ground spices, olive oil, yoghurt, garlic, and ginger. Season with salt. Add tofu into the marinade and stir to coat each piece of tofu. Leave to marinate for at least 2 hours.
2. In a 200C preheated oven, spray an oven proof baking dish with olive oil. Transfer the marinated tofu in the dish, reserving the excess marinade, and bake for 12-15 minutes until the tops are slightly charred and the tofu is cooked.
3. Heat a drizzle of olive oil in a pan over medium heat. Add onion and curry leaves and fry for 5-7 minutes until golden. Add the tomatoes, chilli flakes, ½ cup water and the reserved marinade. Cook for 3 minutes before adding coconut milk and lime juice. Season to taste.
4. Bring to a simmer, then add the baked tofu and cook for a further 5 minutes.
5. Garnish with chopped coriander and serve with wholemeal naan or roti.