One-Pan Tofu Coconut Curry

Yield: 6 min
Total Time: 30 min

Recipe from: https://www.recipeschoose.com/recipes/tofu-rice-indian-recipe

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion yellow, or white, chopped
- 1 bell pepper chopped
- 3 garlic cloves minced
- 1 inch fresh ginger minced
- 1 tablespoon curry powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 400 milliliters coconut milk 14 fl. oz. canned
- 1/2 cup crushed tomatoes
- 2 tablespoons tomato paste
- 454 grams tofu extra firm plain, chopped into 1-inch cubes
- 2 cups baby spinach
- 1 lime zest and juice
- 1/2 cup fresh cilantro chopped
- salt
- pepper
- cooked rice Serve with

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 15 grams
3. Fat: 23 grams
4. Fiber: 4 grams
5. Protein: 9 grams
6. SaturatedFat: 15 grams
7. Sodium: 230 milligrams
8. Sugar: 4 grams

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