

Indian Cauliflower with Chickpeas and Caramelized Tofu

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chickpea-tofu-indian-recipe>

Ingredients:

- 1 head cauliflower cut into 1 inch bite size pieces
- 2 cloves minced garlic
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cumin seeds
- cracked pepper
- 1 1/2 cups chickpeas canned,, drained, rinsed and heated
- 16 ounces tofu cut into 3/4 inch cubes
- 1/2 teaspoon kosher salt
- cracked pepper to taste
- 3 tablespoons olive oil or coconut oil
- 1 pinch brown sugar
- 3 tablespoons spice madras curry
- 3 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- 1/4 cup chopped cilantro
- 1/4 cup scallion chopped
- 1/2 teaspoon salt more, to taste

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 26 grams
3. Fat: 33 grams
4. Fiber: 6 grams

5. Protein: 16 grams
 6. SaturatedFat: 5 grams
 7. Sodium: 1130 milligrams
 8. Sugar: 3 grams
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