

Winter Vegetable & Tofu Korma

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 1/4 teaspoon ground cardamom
- 1 1/2 teaspoons turmeric
- 1 1/2 teaspoons crushed red pepper flakes
- 1 1/2 teaspoons ground cumin
- 1 3/4 teaspoons ground coriander
- 1/4 teaspoon canela
- 2 tablespoons clarified butter ghee, or sunflower oil
- 2 yellow onions medium, very finely chopped
- 1 tablespoon freshly grated ginger peeled first
- 4 cloves garlic peeled and chopped
- 1 1/2 pounds waxy potatoes cut into 1/4-inch cubes
- 12 ounces cauliflower cut into tiny trees
- 2/3 cup sliced almonds toasted
- 3/4 teaspoon fine sea salt plus more to taste
- 12 ounces firm tofu cut into 1/4-inch cubes or matchsticks
- 1/2 cup Greek yogurt
- 1/2 cup heavy cream
- 1 bunch fresh cilantro chopped

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 45 milligrams
4. Fat: 24 grams
5. Fiber: 9 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams

8. Sodium: 380 milligrams

9. Sugar: 6 grams

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