

# Indian Spiced Tofu with Eggplant and Spinach

Yield: 2 min  
Total Time: 75 min

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

## Ingredients:

- 8 ounces tofu Hodo Indian Spiced, cut into 1" cubes Locate Product
- 3 tablespoons oil
- 1 large eggplant
- 3 tablespoons olive oil
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 1 teaspoon turmeric
- salt
- 1 1/2 cups brown rice cooked
- 3 spinach packed cup, fresh or frozen
- sauce Indian/Indian-inspired, to drizzle, I used a sweet/spicy one, Optional
- cilantro to garnish, Optional