

Braised Tofu Curry with Vegetables

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 7 ounces tofu fresh, not frozen and unpressed [7 oz.]
- 2/3 pound tomatoes [2 medium]
- 5 1/4 ounces courgette /zucchini [1 medium]
- 1 1/3 pounds potatoes [4 medium]
- 4 3/4 ounces chayote substitute with one courgette/zucchini if unavailable [1 medium]
- 1 green chilli
- 12 curry leaves fresh or dried, or substitute with a couple of bay leaves
- 1 tablespoon curry powder
- 1 teaspoon turmeric powder
- 1/3 teaspoon paprika
- 1/4 teaspoon Garam Masala optional or omit if you don't have this
- 3 dashes ground black pepper
- salt to taste
- oil as required for sauteing and frying
- cilantro Chopped coriander leaves, for garnish, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 34 grams
3. Fat: 8 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 220 milligrams
8. Sugar: 6 grams

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