

# Vegan Tofu Curry with Peas

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2/3 pound tofu
- 1 cup petits pois frozen, or garden peas
- 7/8 pound tomatoes small can
- 1 onion large, finely chopped
- 3 garlic cloves finely chopped
- 2 inches ginger piece, peeled, finely chopped, you should have 2-3 tablespoons of it
- 1 bay leaf
- 1/2 cup coconut milk
- 1 teaspoon coarse sea salt plus plenty of pepper
- 1 teaspoon Garam Masala
- 1/2 teaspoon cumin powder each, and turmeric
- 4 tablespoons cilantro coriander, finely chopped
- 5 tablespoons olive oil

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 16 grams
3. Fat: 28 grams
4. Fiber: 4 grams
5. Protein: 10 grams
6. SaturatedFat: 9 grams
7. Sodium: 610 milligrams
8. Sugar: 7 grams

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