

Heart Healthy Recipe Exchange

Tofu Curry with Coconut Milk

Category: Protein

Description: Main Dish

From the Kitchen of
Dr. Divya L. Selvakumar, PhD, RD

(Image courtesy: Simple Veganista by Marie)



Servings:	4
Prep Time:	15 minutes
Total Time:	20 minutes

Ingredients:

1. Firm organic tofu slab
2. 2 medium sized tomatoes
3. 1 bunch of spinach
4. 1 clove of garlic
5. 1 piece of ginger
6. 1 medium size onion
7. 1 tsp fennel, cumin and coriander
8. 1 cup of light coconut milk
9. 1 tsp of turmeric, moringa and red chili powder
10. 1 tbsp. of olive oil, salt to taste

Directions:

1. Cut tofu slab in small cube. Air fry cubes for 15 minutes with oven at 350F.
2. Cut tomatoes, spinach, onions, garlic and ginger in small pieces.
3. Fry fennel, coriander, cumin for 15-30 seconds. Add onions, garlic, and ginger.
4. Add tomatoes and spinach.
5. Add turmeric, red chili powder, and moringa powder
6. Add air-fried tofu cubes and coconut milk
7. Cook tofu curry thoroughly for 5-10 minutes and simmer for an additional 10 minutes on low heat.
8. Serve hot with rice, roti, or tortilla.

Notes:

Tofu has been a staple for thousands of years and originate from soybeans. Although tofu is predominantly eaten in East and Southeast Asian cuisines, it has been gaining popularity within Indian cuisine.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Tofu is an excellent source of protein and can be marinated like meats, fish and chicken overnight. Turmeric, red chili powder, ginger, and garlic contain anti-inflammatory and anti-fungal properties, and can be good for the heart. Light coconut milk is a cooling agent that pacifies burning sensation within the stomach, and is excellent for the liver. Spinach is an excellent source of iron and Vitamin K, whereas tomatoes contain lycopene and is a prominent source of Vitamin C. Moringa is a renowned antioxidant and protects the internal connective tissues.