

Mexican tofu



225g firm or silken tofu
2 tsps coconut oil
1 tsp ground cumin
 $\frac{3}{4}$ tsp ground coriander
1 tsp chilli powder
a pinch of sea salt
1 small red onion, finely sliced
1 red bell-pepper, sliced
120g closed cup mushrooms, sliced
100g beansprouts
15g pumpkin seeds
a small handful of fresh coriander,
finely chopped

SERVES 2



PER SERVING:
268 Calories
16g Carbs
15g Protein
12g Fat

Place the tofu block between several sheets of kitchen roll and place some weight over the tofu e.g. a book. Leave for 10 minutes, then cut into cubes.

Heat the oil in a large frying pan or wok over a medium / high heat. Add the tofu. Fry until golden on each side. Transfer to a plate lined with kitchen roll. Allow to cool.

Mix the dried spices together in a bowl and sprinkle over the tofu. Roll the tofu to cover in the spices.

Meanwhile, add the onion and bell-pepper to the pan. Fry gently for 3 minutes, stirring. Add the mushrooms and beansprouts and fry for 3 minutes, stirring. Add the tofu, cover with a lid and heat through for 1-2 minutes.

Transfer to a plate and sprinkle over the seeds and fresh coriander. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

