

Fragrant tofu & quinoa curry



DYNAMIX
HEALTH & FITNESS

70g uncooked quinoa, rinsed
2 tps coconut oil
250g firm tofu, cut into cubes
1 small white onion, finely chopped
300g cauliflower, cut into small florets
3 cloves garlic, finely chopped
1 green chilli pepper, finely chopped
2 inch piece fresh ginger, finely chopped
2 tps ground turmeric
1 tsp ground cumin
1 tsp ground coriander
1 tsp sea salt
250ml vegetable stock (made with one organic vegetable stock cube)
150ml coconut milk
40g kale, washed
juice of ½ a lime
a small handful of fresh coriander, finely chopped

SERVES 2



PER SERVING:
492 Calories
48g Carbs
21g Protein
24g Fat

Bring a small saucepan of water to the boil. Add the quinoa, stir and cook according to packet instructions. Rinse and drain well.

Melt half of the oil in a frying pan over a medium / high heat. Add the tofu and cook until golden on the underside. Use a fish slice to turn over. Repeat steps until golden on all sides. Transfer the tofu to a plate lined with kitchen roll.

Melt the remaining oil in a large saucepan over a medium heat. Add the onion and fry gently for 3 minutes, stirring occasionally. Add the cauliflower, stir well and fry for 3 minutes, stirring occasionally.

Add the garlic, chilli pepper and ginger and fry for 2 minutes, stirring occasionally. Add the dried spices and salt and stir well. Add the stock and bring to a simmer. Cover and cook for 5 minutes.

Add the coconut milk and kale and cook for 3-4 minutes. Add the cooked quinoa, bring to a simmer and cook for 2 minutes. Remove the saucepan from the heat and stir in the lime juice. Serve topped with tofu and garnished with fresh coriander.

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

