

SPINACH, GINGER, PUMPKIN & TOFU CURRY

MAKES 8 X 1 CUP SERVES

STEP 1 - ROAST BUTTERNUT

Ingredients:

- 2 cups diced butternut pumpkin
- 1 tablespoon oil

Directions:

Cut butternut pumpkin into 1in (2cm) cubes.

– No need to take the skin off.

Put on an oven tray and mix with the oil.

Bake at 350°F (180°C) for around 20 minutes or until soft.

STEP 2 - SAUTÉ ONION

Ingredients:

- 1 large onion diced
- 2 cloves garlic crushed
- 1 tablespoon oil
- 2 tablespoons ginger puree
- 1 tablespoon ground cumin
- 1 tablespoon ground turmeric
- 1 tablespoon ground coriander

Directions:

In a large frying pan, sauté the onion, garlic, oil, ginger until clear. Add spices and mix well.

STEP 3 - ADD INGREDIENTS

Ingredients:

- 2 x 14oz (400g) cans crushed tomatoes
- 2 tablespoons liquid honey
- 1 teaspoon salt
- 20oz (600g) pack firm tofu cubed

Directions:

Add tomatoes to the pan and bring back to the boil.

Add honey, salt and tofu and stir. Let it simmer for several minutes to allow the flavours mingle.

STEP 4 - FINISH & GARNISH

Ingredients:

- 2 cups frozen spinach
- 6 fl oz (165ml) coconut milk
- garnish: cilantro (fresh coriander)

Directions:

Remove the butternut pumpkin from the oven and put into pan.

Mix in all remaining ingredients carefully so as not to damage the tofu.

Garnish with roughly chopped cilantro.

