



Mango Curry Tofu

Mangoes are abundant in India, where they are always juicy and sweet. In the United States, mangoes can be a bit tart. For desserts or curries like this one, I prefer mango pulp or puree in canned or bottled form. You can use a ripe mango, if you prefer, but be sure to puree it well before using. This is a simple recipe but the resulting dish is very alluring with its sweet and spicy sauce. It can easily be made soy-free. For variation: Use chickpeas, tempeh or vegetables.

Course Entree
Cuisine Indian

Prep Time 30 minutes
Cook Time 45 minutes
Total Time 1 hour 15 minutes

Servings 2
Calories 350 kcal
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Ingredients

TOFU

- 14 ounces firm tofu
- 2 teaspoons safflower or other neutral oil
- 1/4 teaspoon cayenne
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon salt

CURRY

- 3/4 cup chopped red onion
- 1 1-inch knob of ginger
- 3 cloves garlic
- 2 tablespoons water
- 1 teaspoon safflower or other neutral oil
- 1/4 teaspoon cumin seeds
- 2 bay leaves
- 4 cloves
- 1 1/4 cups canned or culinary coconut milk
- 3/4 cup ripe mango pulp or puree unsweetened or lightly sweetened canned
- 1/2 teaspoon salt
- 2 teaspoons apple cider vinegar
- Generous dash of black pepper
- 1/4 teaspoon Garam Masala for garnish
- 2 tablespoons chopped cilantro for garnish

Instructions

1. Tofu: Cut the tofu slab into 1/2-inch slices. Place them on a clean kitchen towel. Cover with another kitchen towel. Place a 10-pound (approximate) weight on top and let sit for 10 minutes. Alternatively, you can use pressed tofu. Cut the tofu slices into 1/2-inch cubes.
2. Heat the oil in a large skillet over medium heat. When the oil is hot, tilt the skillet so the oil coats it evenly. Add the tofu and cook until lightly brown on some sides, stirring occasionally, 4 minutes. Add the cayenne, cinnamon, garam masala, and salt and mix well to coat. Cook for another 2 minutes and set aside.
3. Curry: In a blender, combine the onion, ginger, and garlic and blend into a smooth puree with 2 tablespoons of water. Heat the oil in a large skillet over medium heat. When the oil is hot, add the cumin seeds, bay leaves, and cloves. Cook for 1 minute. Add the pureed onion and cook until the onion mixture is dry and does not smell raw. Stir occasionally to avoid sticking, 13 to 15 minutes. Add the coconut milk, mango pulp, salt, and vinegar and mix well. Add the tofu and all the spices from the tofu skillet to the sauce skillet. Add a dash of black pepper.
4. Mix, Mango Curry Tofu until the sauce arrives to a boil, 5 minutes. Reduce the heat to low and cook

uncovered until the sauce thickens and desired consistency is achieved, about 15 minutes. Taste and adjust the salt and tang. Add 1/2 teaspoon or more sugar if the mango pulp was not sweet. Garnish with cilantro and a dash of garam masala and serve hot.

Recipe Notes

For variation: Use **2 cups cooked chickpeas** to make Mango Curry chickpeas, or 2 1/2 to 3 cups chopped vegetables or 8 ounces hemp seed tofu to make it soy-free

| Nutrition Facts | |
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| Mango Curry Tofu | |
| Amount Per Serving (4 g) | |
| Calories 350 | Calories from Fat 243 |
| % Daily Value* | |
| Total Fat 27g | 42% |
| Saturated Fat 15g | 75% |
| Polyunsaturated Fat 11g | |
| Sodium 468mg | 20% |
| Total Carbohydrates 15g | 5% |
| Dietary Fiber 4g | 16% |
| Sugars 6g | |
| Protein 18g | 36% |
| * Percent Daily Values are based on a 2000 calorie diet. | |