Dinner

Golden Tofu and Chickpea Curry Bowl

A cosy single-serve curry with crisp golden tofu, chickpeas and wilted spinach in a gentle coconut sauce, finished with a squeeze of lime.

15 min	323	12.6 g	5.5 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 1 serving

- [ ] ½ cup canned chickpeas (drained and rinsed)
- [ ] 100 g firm tofu, cubed
- [ ] 1 cup baby spinach
- [ ] 1 teaspoon olive oil
- [ ] 1 teaspoon curry paste (red or yellow)
- [ ] ¼ cup reduced fat coconut milk
- [ ] 1 teaspoon lime juice
- [ ] Salt and pepper, to taste
- [ ] Optional toppings: 1 tablespoon of nuts/seeds

Method

- [ ] **1** Blot the firm tofu dry and chop it into cubes.
- [ ] **2** Warm the olive oil in a pan over medium heat, then fry the tofu for 4-5 minutes until golden on most sides.
- [ ] **3** Tip in the canned chickpeas and the curry paste, stirring to coat everything, and cook for 2 minutes until fragrant.
- [ ] **4** Pour in the reduced fat coconut milk and let it bubble gently for 2-3 minutes.
- [ ] **5** Stir in the baby spinach and cook just until wilted.
- [ ] **6** Season with salt and pepper, then stir through the lime juice.
- [ ] **7** Spoon the curry into a bowl and scatter nuts or seeds over the top if you like.

Nutrition Facts

Per serving

Calories	**323**
Total fat	19 g
Saturated fat	6 g
Sodium	384 mg
Total carbs	12.6 g
Fiber	Not listed
Total sugars	5.5 g
Protein	20 g

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