



Indian-Style Baked Tofu

with Quinoa and Broccolini



20-30min



2 Portions

Is there anything quinoa can't do? Here it takes on an Indian guise in this breezy bowlful, warm with spices like ginger, turmeric and mustard seeds. Curry-smothered tofu is the crowning glory, with crisp green broccolini and chunks of juicy tomato along for the flavour ride too.

What we send

- silken firm tofu ⁶
- coriander, garlic
- ginger
- Goan-style curry paste
- tomato
- brown mustard seeds
- turmeric spice
- onion
- sunflower seeds
- broccolini
- white quinoa

What you'll require

- olive oil
- water

Utensils

- baking paper
- large deep frypan with lid
- oven tray
- paper towel
- sieve
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

Allergens

Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 790kcal, Fat 48.5g, Carbs 45.4g, Proteins 34.8g



1. Cook quinoa

Heat the oven to 200C. Put the **quinoa** in a sieve, then rinse well and drain (see cooking tip). Put the quinoa and **210ml water** in a small saucepan and bring to a simmer. Cover and reduce the heat to low. Cook for 12 mins or until the water is absorbed and the quinoa is tender. Remove from the heat and stand, covered, for 5 mins.



4. Cook onion

While the tofu cooks, bring a small saucepan of salted water to the boil for the broccolini. Heat **2 tbs rice bran oil** in a large deep frypan over high heat. Cook the **onion** and **1 tsp mustard seeds** (the remaining mustard seeds won't be used in this dish), stirring, for 5 mins or until the onion is softened and golden around the edges.



2. Prepare ingredients

Meanwhile, line an oven tray with baking paper. Carefully remove the **tofu**, according to the packet instructions, and drain on paper towel. Cut the **broccolini** into 4 cm lengths, halving the stems lengthwise if thick. Thinly slice the **onion**. Peel and finely grate the **ginger** and **garlic**. Finely chop the **tomato**.



5. Finish quinoa

Reduce the heat to medium-low then add the **remaining curry paste, ginger, garlic** and **½ tsp turmeric** and cook, stirring, for 1 min (the remaining turmeric won't be used in this dish). Add the **quinoa, tomatoes** and **sunflower seeds** to the pan and stir over medium heat for 3 mins or until well combined and heated through.



3. Bake tofu

Cut the **tofu** into 2cm-thick slices widthwise. Combine **half the curry paste, 2 tsp rice bran oil** and **½ tsp turmeric** in a large bowl. Season with **salt**. Add the tofu, in batches, and gently turn to coat. Put the tofu on the lined tray then bake for 15 mins or until browned and heated through.



6. Get ready to serve

Cook the **broccolini** in the pan of boiling water, covered, for 2-3 mins until tender. Drain. Finely chop the **coriander**, including the stems, and stir through the **quinoa mixture**. Divide the **quinoa, broccolini** and **tofu** among bowls to serve.