Main dishes / India

firm tofu and carrot skillet · India

A savoury India-inspired Studio variation with carrot, firm tofu and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g firm tofu
- ☐ 500 g carrot
- ☐ 180 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

01 Clean the carrot and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the carrot and cook for a few minutes.

03 Add the stock, cover and simmer for 12 minutes until the vegetables are tender.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

05 Combine the cooked main ingredient with the vegetables. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

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