Main dishes / India

firm tofu and drained sweetcorn skillet · India

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

Time 35 min **Servings** 4

What you'll need.

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

Let's make it.

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

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

03 Add the stock, cover and simmer for 5 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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