Main dishes / India

basmati rice with firm tofu and drained sweetcorn · India

A complete grain dish with firm tofu, drained sweetcorn and a India-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g basmati rice
- ☐ 500 g drained sweetcorn
- ☐ 3 g ground coriander seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 3 g ground cumin
- ☐ 2 g ground turmeric

Let's make it.

01 Cook the basmati rice in plenty of water according to its packet, then drain well.

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

03 Heat the oil and soften the onion for five minutes. Add the drained sweetcorn and cook for a few minutes. Add a splash of water, cover and cook for 5 minutes.

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

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

AI-developed, not kitchen-tested.

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