Main dishes / India

wheat noodles with firm tofu and carrot · India

A modern India-inspired noodle or pasta dish with carrot and firm tofu.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g wheat noodles
- ☐ 500 g carrot
- ☐ 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 wheat noodles according to the packet. Reserve a cup of cooking water, then drain.

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

03 Heat the oil and soften the onion for five minutes. Add the carrot and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

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

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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