

Recipe Name: Kadhai Tofu Sabji Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Tofu - firm • 1 Green Bell Pepper (Capsicum) - diced • 1 Onion - diced • 1 teaspoon Garlic - paste • 1 teaspoon Ginger - paste • 2 Tomatoes - blanched • 1 teaspoon Cumin seeds (Jeera) • 1 teaspoon Kasuri Methi (Dried Fenugreek Leaves) - crushed • 1 tablespoon Sunflower Oil • 1/2 teaspoon Turmeric powder (Haldi) • 1/2 teaspoon Sugar • Salt - to taste • Coriander (Dhania) Leaves - as required • 2 teaspoon Coriander (Dhania) Seeds • 5 to 6 Whole Black Peppercorns • 1 teaspoon Fennel seeds (Saunf) • 1 teaspoon Cumin seeds (Jeera) • 1 teaspoons Anardana Powder (Pomegranate Seed Powder) • 3 to 4 Dry Red Chilli • 1 Bay leaf (tej patta) • 1 Black cardamom (Badi Elaichi) • 1/2 teaspoon Amchur (Dry Mango Powder)	4

Preparation

- To begin making the Kadai Tofu Sabji, first make the dry masala.
- In a small pan, dry roast the coriander seeds, peppercorns, fennel seeds, cumin seeds, red chillies,



tejpatta and black cardamom.

- Cool and coarsely grind it in a blender along with the Anardana and dry mango powder.
- Add the cumin seeds and let it splutter.
- Add 2 to 3 teaspoons of the freshly ground masala and kasuri methi, mix well to combine.
- Once done add the capsicum and stir fry for a few seconds.
- Add the Tofu cubes, sprinkle salt and sugar.
- Mix nicely so that the masala coats the Tofu cubes.
- Cook for another minute.
- Garnish with coriander leaves and transfer Kadai Tofu Sabji to a serving bowl, it is ready to be served.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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