

Tandoori Smoked Tofu with cauliflower & raita

Serves 2

30 mins + marinade

3 main ingredients

What you'll need

Main ingredients	Fresh/ frozen	Store cupboard
1 block smoked Tofu cut into 8 large cubes - we used: https://tofoo.co.uk/products/smoked/ L ½ cauliflower, thickly sliced or florets ¼ cucumber, coarsely grated	Coriander Greek yoghurt Mint Garlic cloves Ginger, a thumb size piece	Fennel seeds, Cumin seeds, Coriander seeds (optional) Ground turmeric Mint sauce Chilli powder Garam Masala Ground cumin Tomato purée Salt & Pepper, to taste

What to do

- Prepare the Tandoori marinade** (do this part the evening before if you can, to allow the flavours to intensify). In a bowl add and mix together: 200ml plain Greek yoghurt (or your preferred equivalent), 1 tbsp tomato purée, a chunky thumb size piece of fresh grated ginger, 4 large grated or minced garlic cloves, 1 tsp chilli powder (or to your taste), ½ tsp ground turmeric, 1 tsp Garam masala, 1 tsp ground cumin and season with some salt & pepper. Add the cubed tofu, cover well with the mix and allow to marinade for around 30-60 minutes.
- Prepare the Raita.** In a bowl add and mix together: 150g plain Greek yoghurt (or your preferred equivalent), ¼ grated cucumber, small bunch of fresh mint finely sliced/ chopped and 1 tsp mint sauce - set aside/ keep chilled.
- Prepare the cauliflower.** Bring a pan of water to the boil, season with salt and add ½ -1 tsp ground turmeric, and the cauliflower, simmer for 8-10 minutes. Drain.
- Cook the Tofu.** While the cauli's cooking, heat a dash of olive or coconut oil in a frying pan on medium high heat. Add the cubed tofu, and as much of the marinade as you wish. Heat the tofu cubes by turning every few minutes so each side is nicely browned and the tofu has warmed through.
- Optional step:** Heat a tbsp oil in a small frying pan (medium heat) and gently fry 2 sliced garlic cloves for 2 mins, then add the fennel, cumin and coriander seeds (a tsp of each) and toast until fragrant. Pour over the cauliflower.
- Time to plate up.** Serve up the Tandoori tofu with the turmeric cauliflower (and an additional side if steamed greens if you desire), a dollop of raita and some fresh coriander. Enjoy!

Notes & tips

- Make the marinade the day before if you can, mix in the tofu to allow the flavours to intensify overnight and make it as spicy as you like!
- Optional step; I'm sure it adds an incredible layer of flavour, but if you want to keep things super simple you can leave it out entirely like we did, it's still ultra tasty (will definitely try it next time though)!