

Curried Tofu, Kale & Mushroom Bowl | Keto-Friendly

Swick

Serves 2 to 4 | Active Time: 25 minutes | Total Time: 45 minutes

Step 1: Preparing the Tofu

- 1 - 350 gr. pkg extra firm tofu, broken into bite-sized pieces
- 1 tsp curry powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp coriander powder
- 1/4 tsp kashmiri powder, or cayenne to taste
- 1/4 tsp sea salt

To start the tofu, preheat the oven to 450°F (230°C).

For the tofu, simply toss it with the spices. If desired the tofu can be coated with a bit of oil first — this will help the spices stick to the tofu and also give it nice color when it comes to cooking it later.

To cook the tofu, place it onto a tray lined with parchment (or spray with non-stick spray) and roast for 10 minutes or so.

Alternatively, the tofu can be fried in a hot pan with some oil.

Once done, set it aside while you finish the rest of the dish. Note: This step can easily be done ahead of time.

Step 2: Cooking the Dish

- 1 onion, finely diced
- 2 tbsp coconut oil (or oil of choice)
- 1 1/2 cup mushrooms, sliced or cut in half
- 2 tbsp Garlic-Ginger Paste
- 1 tsp curry powder
- 1 tsp paprika
- 2 cups kale, torn or cut into pieces
- 1 - 14 oz can full-fat coconut milk
- 1 cup peas
- 1 tsp garam masala
- 1/4 cashews, roasted
- 1/2 bunch fresh cilantro, roughly chopped
- sea salt, to taste
- freshly ground black pepper, to taste
- lemon wedges, for garnish

To start the dish, heat a large pan over medium-low to medium heat and then add the oil, followed by the onions and a good pinch of salt. Cook the onions until they become super soft and translucent — this should take about 20 minutes or so. If you are short on time, you can cook the onions for less time but they really do add wonderful depth to the dish when they are cooked longer.

Once the onions are done, add the mushrooms and a good pinch of salt and turn the heat up to medium-high — add a touch of more oil, if needed (or a touch of water if cooking with no oil).

When the mushrooms have released their moisture and have started to brown turn the heat down to medium-low and add the Garlic-Ginger Paste, curry powder and paprika and let cook for 30 seconds or so. Note: If you don't have any Garlic-Ginger Paste, you can simply use a tablespoon each of minced ginger and garlic.

Next, add the kale and a tablespoon or 2 of water and cover with a lid. Let the kale steam for a minute or so, or until it just starts to wilt.

Next, turn the heat to low and add the coconut milk and bring to a gentle simmer and then add the peas and garam masala and let simmer for about a minute.

To finish the dish, add the reserved tofu, cashews, fresh cilantro, and taste for seasoning.

If desired, serve with a squeeze of fresh lemon juice and your favorite grain or side.

Chef's Notes

Feel free to play around with the vegetables and protein in this recipe. For example, if you are not a fan of mushrooms, cauliflower is also very nice — and tempeh instead of tofu also works well.