

Indian Curry veggie

This is a very versatile recipe; while I use firm tofu, the protein component can actually be any of your choosing such as white fish, chicken, steak, or even hard boiled eggs.

The ingredients vary each time I make this dish depending on what is on-hand. Modify this recipe with whatever protein source or veggies that may currently be in your fridge!

Ingredients

1 Tbsp olive oil
½ onion, diced
¼ squash, diced &/or 1 sweet potato, diced
1 brick of extra-firm tofu, chopped in to ½" cubes (not Silken)
Curry powder*
½ red pepper, diced
1/3 zucchini, diced
1 can coconut milk
handful cherry or grape tomatoes
2-3 handfuls baby spinach

Sauté onion in oil at low-medium temperature. Add tofu (or other protein) and firm vegetables first (eg. squash, sweet potato) and continue to sauté. Sprinkle with your desired amount of curry powder; I begin with a light hand and add more if my taste buds desire it.

Add peppers & zucchini; continue to heat for a few minutes.

Empty contents of coconut milk in to pan.

Add tomatoes and spinach. Also add peeled, hard-boiled eggs at this time, if this is your protein.

Continue to simmer on low heat until the curry spices are infused throughout.

Serve over brown rice, with a green salad.

*there are many varieties of curry powders to choose from; subtle to spicy. My current favourite is 'madras masala' by [Arvinda's](#); made in Toronto, sold at Whole Grain Emporium in Thornbury.

Bon appetit!