



Tofu Katsu Curry

Serves: 2 people Prep Time: 15 minutes Cooking Time: 30 minutes

INGREDIENTS

FOR THE TOFU:

- 1.2oz plain flour
- 1/4 cup plant based milk
- 2.8oz vegan-friendly cornflakes
- 10.5oz extra firm tofu

FOR THE SAUCE:

- 1/2 onion
- 2 medium carrots
- 2 garlic cloves
- 1/2 tbsp curry powder
- 1/2 tsp garam masala
- 1 tbsp plain flour
- 10.1fl.oz vegetable stock
- 2 tbsp coconut cream

TO SERVE:

- 3/4 c jasmine rice
- 2 handfuls of mixed salad leaves
- 1 spring onion

THE CUPBOARD ESSENTIALS:

- olive oil
- salt
- pepper

INSTRUCTIONS

1. Preheat the oven to 356°F fan-assisted.
2. On a small plate combine the flour with generous pinches of salt and pepper. Transfer the milk to another separate plate (use a plate with raised edges to prevent the milk spilling!). Pour the cornflakes into a tea towel and crush them with a rolling pin until fine, then transfer to a third separate plate.
3. Drain the tofu and press it gently to remove any excess moisture. Then slice the tofu into 1/3 inch thick slices, then coat all over in the flour mixture, then dunk fully in the milk and finally cover all over in the crushed cornflakes.
4. Heat a little oil in a frying pan on a medium heat and once hot add the tofu slices and fry for 2-3 mins on each side, until crispy. Then transfer the tofu slices to a baking tray and bake in the oven for 15 minutes.

5. Meanwhile, roughly chop the onion and slice the carrots into 1/5 inch thick rings, then add both to the frying pan you used earlier (add an extra splash of olive oil to the pan if needed) and fry for 7 minutes on a medium heat.
6. Peel and dice the garlic, then add it to the frying pan and fry for 2 minutes.
7. Add the curry powder, garam masala and plain flour to the pan, and fry for 1 minute, stirring frequently.
8. Pour in the vegetable stock, bring the sauce to the boil, then reduce the heat and simmer for 10-15 minutes or until the carrots are soft.
9. Cook the rice as per the packet instructions.
10. Stir 2 tbsp of coconut cream into the sauce and season to taste with salt and pepper to taste. Then transfer the sauce to a blender and blend until smooth. If the sauce is too thick, add a little more water until it's smooth and runny.
11. To serve, place a portion of rice into each bowl with a handful of mixed salad leaves, then pour in half the sauce for each portion and top with a few slices of the tofu.
12. To finish, slice the spring onion thinly and sprinkle over each serving. Enjoy!

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