

Tofu & Vegetable Dahl

Ingredients

1 pack tofu, cut into chunks
1 tablespoon cornflour
1 teaspoon chilli flakes
½ teaspoon salt
150g red lentils, boiled and drained
2-3 tablespoons extra virgin olive oil
2 tablespoons Mama Dor's Bombay Potatoes Spice Blend
1 red onion, finely sliced
1 aubergine, chopped into cubes
Small bag spinach

Method

Add the tofu to a bowl and coat in the cornflour, chilli flakes & salt and leave to marinate for 10mins.

In a deep frying pan, heat 2 tablespoons of the oil and then add the tofu. Allow to cook on a high heat for 10-15 mins until crispy on the outside. Keep tossing to ensure even coverage. Carefully remove the tofu onto a clean plate.

Using the residual oil in the frying pan (you may need to top up slightly), add the red onion and aubergine and cook on a high heat until soft. Add the tofu and stir well. Now add the Bombay Potatoes spice blend and mix well. Add 3-4 tablespoons of water to loosen the mixture. Turn the heat down, cover and leave to infuse for 5 mins.

Finally, add the cooked lentils and spinach, stir well and cover leaving all the flavours to infuse for about 20mins. Serve with fresh chapatis or naan bread.