

No butter no chicken curry

INGREDIENTS

Tofu and veg

375 g boiled tofu (boil in salted water for 10 minutes – cut the block in half)

1 cup cooked chickpeas

2 cups diced pumpkin

1 tsp lime juice

2 tsp ginger grated fine

2 cloves garlic minced

½ tsp salt

2 tbsp coconut or other yoghurt or some cashew cream

1 red capsicum cubed (3 cm)

½ to 1 tsp chilli powder (optional)

Sauce

1 onion finely diced

1 tsp grated ginger

2 cloves garlic

¼ tsp fenugreek seeds

2 cloves

8 pepper corns

4 cardamon pods seeds removed

2 tsp garam masala

½ tsp cardamon powder

1 tbsp tomato paste

⅓ cup cashews

2 tbsp sunflower seeds

2 tbsp pepita seeds

Veg

Handful of green beans cut small on the angle

1 small head broccoli cut into small florets

Garnish

With coriander leaves

1. Mix the lime juice ginger, minced garlic (from the tofu list) with the yoghurt. Tear the tofu into pieces and mix with the cooked chickpeas and ½ of the yoghurt

sauce. Mix the cut pumpkin and red capsicum into the rest of the sauce mix. Spread out the veg on one tray and the tofu and chickpeas on another tray or put on the same tray but don't mix them.

2. bake at 180 C for 20 to 30 minutes or until the pumpkin is cooked and the tofu brown

3. Meanwhile make the sauce. Fry the cloves, pepper corns, fenugreek and cardamon in a frying pan for 1 minute. This means to fry them in a dry frying pan. Remove from the pan.

4. Melt the butter and then sautee the onion, garlic and ginger until onion is translucent. Add the spices back into the pan with the cashews, pepitas, sunflower seeds, garam masala and 1 cup water. Put a lid on and simmer for 15 to 20 minutes. You may need to add more water.

5. Steam the beans and broccoli for 5 to 8 minutes.

6. Let the sauce cool down a bit and then blend in a blender until smooth.

7. Add the tofu, chickpeas and red capsicum from the oven and the steamed beans to the blended sauce. Mix in the tomato paste.

8. Serve with rice or chapatis and garnish with coriander leaves.