

## Tofu Tikka Masala

*Serve this hearty dish with naan and cooked basmati rice for a complete meal!*

**Serves 4-6**

### **Ingredients**

- 2 lb. firm or extra firm tofu
- 1 tbsp. garam masala, divided use
- 2 tsp. ground turmeric, divided use
- $\frac{3}{4}$  tsp. cayenne pepper (more or less, divided use)
- 2 tsp. paprika, divided use
- $\frac{1}{2}$  tsp. salt, plus more to taste
- $\frac{1}{4}$  cup canola oil, divided use
- 2 tbsp. lemon juice
- 1 tbsp. minced garlic
- 1 medium onion, diced small
- One 28-oz. can diced tomatoes
- One 15 or 16 oz. can full-fat coconut milk
- 1.5 cups peas
- Chopped fresh cilantro for serving



### **Directions**

- 1) Place the tofu on a cutting board and wrap in a dish cloth. Place a heavy object on top and let sit for about half an hour, until tofu is firm and mostly dry. Cut into  $\frac{1}{2}$  inch cubes and place in a medium baking dish.
- 2) Whisk together 1 tsp. garam masala, 1 tsp. turmeric,  $\frac{1}{4}$  tsp. cayenne, 1 tsp. paprika,  $\frac{1}{2}$  tsp. salt, 2 tbsp. oil, and lemon juice and pour over tofu. Toss to coat. Cover and let marinate in the fridge for at least a few hours or overnight.
- 3) Preheat the oven to 425 degrees. Line a baking sheet with parchment paper or grease with oil. Spread the tofu on top in an even, flat layer, draining out any excess marinade. Bake for 45 minutes to an hour, stirring halfway through, until golden brown and slightly crisp.
- 4) Meanwhile, heat up remaining oil in a large sauté pan. Add garlic, onion, and remaining spices and cook for 2-3 minutes, or until the onion is softened and the spices are fragrant. Add diced tomatoes and coconut milk and bring to a boil. Reduce heat to simmer and cook for about 10 minutes. Using an immersion blender or potato masher, mash the tomatoes to make a smoother sauce. Add the peas and tofu and simmer for another 10 minutes or so, until everything is hot and the sauce is thickened. Season with salt and pepper to taste.
- 5) Top with cilantro and enjoy!