

## TOFU & MUSHROOM MASALA



This delicious Tofu & Mushroom Masala recipe is a rich, plant-based curry made with tofu, mushrooms, and aromatic spices simmered in creamy coconut milk.

The dish combines garam masala, turmeric, ginger, and chilli to create a warming, flavourful sauce balanced with mild sweetness from the coconut.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; weighing, chop using bridge/ claw technique safely, measuring, using the hob (with adult supervision)

**Equipment:** weighing scales, chopping board, knife, tin opener, large pan, measuring spoons

**Allergens:** SOYA | SULPHITES

### Ingredients (Serves 4):

- 400g Firm Tofu
- 1 Medium Sized Onion
- 2 Garlic Cloves
- 2 Tablespoons Vegetable Oil
- 1 Teaspoon Ground Ginger
- 250g Medium Sized Mushrooms
- 1 Green Chilli
- 1 Teaspoon Ground Turmeric
- 1 Tablespoon Garam Masala
- 1 Can (400g) Light Coconut Milk
- 1 Reduced Salt Vegetable Stock Cube
- Ground Black Pepper to taste

- Fresh coriander (optional, for garnish)

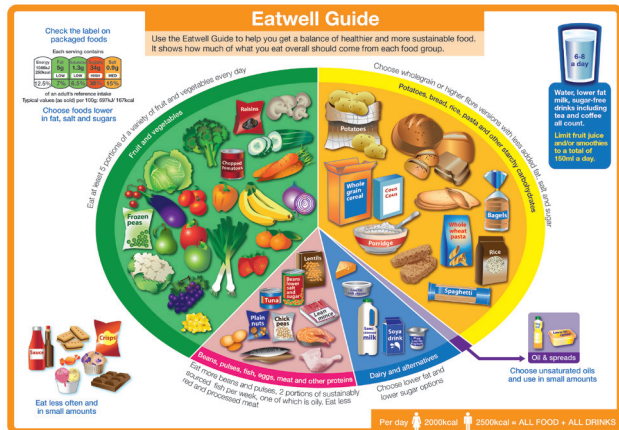
### Method

1. Cut the tofu into 2cm cubes.
2. Peel and chop the onion and garlic. Rinse or wipe the mushrooms and cut them in half.
3. Wash the chilli and cut in half along the length of the chilli. Remove the seeds and the white bit that surrounds them and then finely chop the chillies. Wash hands immediately afterwards.
4. Heat the oil in a large pan and gently fry the onion until soft and golden. Add the garlic and ginger and cook for 1 minute.
5. Turn up the heat and add the mushrooms. Cook until slightly golden.
6. Add the chilli, turmeric, garam masala and tofu then add the coconut milk and stir.
7. Crumble the stock cube into the pan with the black pepper and stir. Simmer for about 20 minutes until curry begins to reduce and thicken.
8. Serve with rice, naan or flatbread.



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## Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Tofu & Mushroom Masala

**Tofu** is a versatile, protein-rich food made by coagulating soy curd. Its low in calories, and an excellent source of plant-based protein, iron, and calcium (when fortified). Its mild flavor makes it ideal for absorbing marinades, spices, and sauces in both savory and sweet dishes.

**Mushrooms** are low in calories, yet rich in antioxidants, B vitamins, selenium, and fiber, supporting immunity and overall health



### Energy, sugar, fat and salt per serving

Per 203g serving

**ENERGY**  
937kJ / 225cal **11%**

MED

**FAT**  
15g **21%**

HIGH

**SATURATES**  
7.2g **36%**

LOW

**SUGARS**  
3.6g **4%**

LOW

**SALT**  
0.05g **1%**

% of an adult's reference intake

Typical values per 100g: Energy 464kJ / 111kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage