



# TOFU SAAG PANEER

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 820/SERVING



Our vegan take on the classic Saag Paneer made with tofu and jam packed with green vegetables, simmered in a creamy flavourful sauce. Served over fluffy rice for a comforting meal.

## WHAT YOU'LL NEED

- Small pot
- Medium pot
- Blender or food processor
- Oil
- Salt
- Pepper



## WHAT'S INSIDE

	2 servings	4 servings
Basmati rice	1/2 cup	1 cup
Tofu	200 g	400 g
Yellow onion	1	2
Asparagus	1/2 bunch	1 bunch
Broccoli	1 head	2 heads
Green peas	1/2 cup	1 cup
Green onion	1	2
Spinach	4 cups	8 cups
Spice blend	1 tbsp	2 tbsp
Coconut curry base	1 cup	2 cups
Lemon	1	1
Cashews	1/3 cup	2/3 cup

## Nutrition Facts Valeur nutritive

Per Serving (1032 g)  
pour 1 (1032 g)

Calories 820	% Daily Value*
Fat / Lipides 59 g	% valeur quotidienne*
Saturated / saturés 27 g	135 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 54 g	
Fibre / Fibres 19 g	68 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 39 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1530 mg	67 %
Potassium 2300 mg	49 %
Calcium 1000 mg	77 %
Iron / Fer 15 mg	83 %

\*5% or less is a little 15% or more is a lot

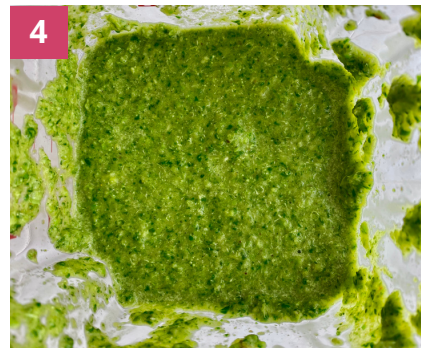
\*5% ou moins c'est peu 15% ou plus c'est beaucoup



## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Prep your ingredients: rinse the **rice**, cube the **tofu**, dice the **onion**, finely chop the **asparagus stalks** and set aside the **tips**, finely chop the **broccoli**, thinly slice the **green onion**, roughly chop the **spinach** and **cashews**, and halve the **lemon**. Mix the **coconut base** with 2 cups of **water** (4 cups for 4 servings).



Transfer the **spinach mixture** to a blender or food processor with the **asparagus stalks**, **broccoli**, **half the peas**, and **coconut broth**. Blend until mostly smooth with a few remaining chunks.



Combine the **rice** with 3/4 cups of **water** (1.5 cups for 4 servings) in a small pot and bring to a boil. Lower heat, cover, and simmer for 10-15 minutes until the water is absorbed. Cover and set aside.



Warm 1 tbsp of **oil** (2 tbsp of oil) in the pot over medium heat. Once hot, add the **tofu** and cook until golden on all sides. Add the **blended mixture**, **remaining peas**, and **remaining asparagus** and bring to a simmer. Season with **salt** and **pepper** and cook for 10 minutes.



Warm 1 tbsp of **oil** (2 tbsp for 4 servings) in a medium pot. Once hot, add the **onion** and **spice blend** and sauté for about 10 minutes until soft. Add the **spinach** and cook until wilted.



Divide **cooked rice** into bowls and top with **saag panner**, **green onions**, **cashews**, and a squeeze of **lemon juice**.