



FAST. EASY. FRESH.

BAKED TIKKA MASALA TOFU WITH VEGGIES, RICE, AND CILANTRO SAUCE

1. Start by preheating the oven to 425°F. Cut the **tofu** into medium sized cubes. Peel and slice the **onion** into medium thick slices. De-seed and slice the **bell peppers** into strips. Peel and slice the **carrots** into thin half-moons. Cut your **lime** into wedges.

2. Mix together the **Spice Mix** (**Coriander, Turmeric, Garam Masala, and Ginger**) and then set aside 2 tsp. Place the **tofu** and **vegetables** into a bowl with the rest of the **spices, yogurt, 2 Tbsp. olive oil, and salt and pepper** to taste.

3. Mix well, then spread the mixture on a baking sheet lined with parchment paper. Transfer to the oven and bake for 18-24 minutes, or until browned.

4. Meanwhile, make your rice. Combine the **rice** with 3 cups of water and a pinch of **salt** in a medium pot. Bring to a boil, then reduce the heat to low, cover, and simmer gently for 12-15 minutes, or until the water has been absorbed.

5. Next, finely chop the leaves of the **cilantro**. Place into a small bowl and then add the **garlic powder, reserved 2 tsp. of spices, and ½ -2/3 cup olive oil** depending on taste. Mix well until you get a sauce (alternatively, if you want to break out your blender or food processor, you can give everything a whiz in there). Season with **salt and pepper** to taste.

6. To serve, portion the **rice** into dishes and then top with the **tofu and vegetables** and **cilantro sauce**. Garnish with wedges of **lime**. Enjoy!



Ingredients (4 Person Serving – 704 Calories Per Serving)

Olive Oil	2 Tbsp. + ½ Cup
Greek Yogurt	200 g
Limes	2
Garlic Powder	1 tsp.
Sweet Bell Peppers	2
Cilantro	Small Bunch
Red Onion	1

Carrots	6
Ground Coriander	2 tsp.
Turmeric	2 tsp.
Garam Masala	2 tsp.
Ginger Powder	1 Tbsp.
Basmati Rice	1 ½ Cups
Salt and Pepper	To taste

6
2 tsp.
2 tsp.
2 tsp.
1 Tbsp.
1 ½ Cups
To taste

35 Minute Cook Time!