

Tofu Matar Masala

Recipe Makes: 1 serving

Nutritional Value (per serving)

Calories: 209 kcal **Protein:** 11.4 g **Carbohydrate:** 13.5 g **Fat:** 12.7 g

Ingredients

100 grams Tofu
¼ cups tomato puree
¼ cup Green Peas (Matar)
¼ teaspoon Cumin seeds (Jeera)
½ teaspoon Red Chilli Powder
¼ teaspoon Turmeric Powder (Haldi)
½ teaspoon Ginger Garlic Paste
¼ teaspoon Garam Masala Powder
Curry leaves, a few
1 cups Water
2 teaspoon Oil
Salt, to taste



Instructions

1. To begin making recipe, firstly cut the tofu in cubes.
2. Take a bowl and mix all the dry masala including red chilli powder, turmeric powder, garam masala powder with 1/4th cup of water. Keep it aside.
3. Heat a frying pan with 1 teaspoon oil and roast the tofu cubes, then keep it aside.
4. Add rest of the oil in the same pan, temper with cumin seeds, curry leaves, ginger garlic paste and masala paste. Fry for a minute.
5. Add the tomato puree, salt and peas, cook for 5 minutes. As it starts to thicken add salt and tofu cook for few more minutes.
6. It is ready to be serve along with roti, paratha or rice.