

Saag Tofu

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NUTRITION FACTS

Serving Size:

Serves 4

Per Serving:

Calories: 221 Carbohydrates: 10.5g

Fat: 15.8g Protein: 15.1g

Prep Time: 1 hr 10 minutes (includes marinating)

Cook Time: 30 minutes

Total Time: 1 hr 40 minutes

INGREDIENTS

- 16 ounces (450g) extra or super firm tofu (water drained and pressed)
- 1 Tbsp garlic-infused oil
- 1 ½ tsp ground turmeric, divided
- 2 ½ tsp garam masala, divided
- 1 tsp fine salt, divided (or more to taste)
- 1 Tbsp soybean (vegetable) oil, or any neutral flavored cooking oil
- 2 tsp ground cumin
- ½ cup yellow onion, diced
- 1 tsp grated fresh ginger
- 1 green chili or jalapeño pepper, finely chopped (optional)
- 16 ounces (450g) frozen chopped spinach
- 1 ½ cups reduced-fat or “light” coconut milk

DIRECTIONS

1. Pat tofu dry with a clean kitchen towel or paper towels and cut into 1-inch cubes.
2. Toss cubed tofu with garlic-infused oil, ½ tsp each turmeric, garam masala and salt in a large bowl until coated. Let marinate in the fridge for at least 30 minutes up to overnight. (The longer it marinates, the better!)
3. Heat a wide, heavy bottomed pan over medium heat, then add cooking oil and remaining spices – turmeric, garam masala and cumin. Cook for about 30 seconds until spices are fragrant but not burnt. Then stir in onions and ginger and cook for 5 minutes, stirring occasionally, until the onions are softened. (If the pan seems dry during cooking, add a little water, 1 tablespoon or so at a time.)
4. Stir in frozen chopped spinach and sprinkle with salt, about ½ tsp. Cook for about 5 minutes uncovered, stirring occasionally, until thawed and liquid starts to evaporate.
5. Stir in light coconut milk. Bring to a simmer then reduce heat to low and cover. Cook for about 20 minutes.
6. While spinach is cooking, preheat the air fryer or convection oven to 375°F. Spread marinated tofu on the air fryer rack, allowing space between cubes to allow for better air flow and crispiness. Cook until crispy on the edges, about 15 minutes. Remove and add to spinach. Serve immediately. Garnish with fresh cilantro if desired.