

# Curry Kissed Baked Tofu

## Ingredients

1 package Extra Firm Tofu diced  
2 TBSP Oil (I use sunflower oil)  
1 1/2 tsp soy sauce  
1 tsp chopped Garlic or 2 - 3 chopped cloves  
1 tsp chopped Ginger  
1 Thai green Chili Pepper  
1/2 chopped Onion  
1 diced Roma Tomatoes  
1 tsp Curry Powder (I use Curry masala for meat, it's vegan)  
1/2 tsp Coriander Powder  
1/2 - 1 tsp whole Coriander Seeds (I like more, hubby likes less)  
1/2 tsp Salt  
1/4 tsp Turmeric  
1/8 tsp Cumin powder

Preheat oven to 375 - 400 degrees depending on hot your oven is.

Chop and Dice Veggies and Tofu

Put all ingredients in a large bowl and stir well!

Oil a pan with additional oil or cooking spray

Spread Tofu mixture on Baking Pan

Bake for about 20 - 30 minutes or until tofu is slightly brown. Cooking longer will make it a bit crispier but can also dry it out so you need to pay attention after about 15 minutes.

Serve independently, over salad, on a sandwich, over rice, with quinoa, or be creative and find your own way!

~Leisha Dangol