



Boiled Broccoli helps in unburnt florets & brings the softness.

Broccoli, Mushrooms & Tofu Curry



Food Art Science

Servings 4- 5| Prep Time 10-15 mins| Cook Time 10 mins

Ingredients

- 1 Broccoli
- 250 Gm White Button Mushrooms
- 1 slice of Tofu
- Some cabbage optional
- Onion Tomato paste - 1 blended onion, 2 inch ginger, 1 clove garlic, 2-3 small medium blended tomatoes
- Spices - 2.5 tsp salt, ½ tsp turmeric, 1 tsp coriander powder, ¼ tsp garam masala

1. Wash & chop your veggies. Boil chopped broccoli for 5 mins in a microwave or a cook top. & add only broccoli in the pan. After mixing add mushrooms, mix then add cabbage & tofu in the last.
2. Add a spoon of vegetable oil in a pan. Cook blended onions, then add ginger garlic tomatoes paste. Cook till paste becomes a bit thick. Add a cup of water to make gravy.
3. Now separate the broccoli soup
4. Add all spices. Add broccoli soup only if needed more gravy.
5. Enjoy warm.

Tofu is a food prepared by coagulating soy milk and then pressing the resulting curds into solid white blocks. 100 gm Tofu covers the daily value of calcium 53%, manganese 51%, copper 42%, vitamin A 18% and magnesium 14%.