



## Krishna Eggplant & Tofu

### Ingredients

2 eggplants, diced  
¼ C rice bran oil  
2 tsp black mustard seeds  
1 Tbsp ginger, minced  
2 tsp fresh chilli  
½ tsp turmeric powder  
1 Tbsp ground coriander  
2 tsp garam masala  
Bunch of chopped coriander stems  
1 – 2 tsp salt  
2 Tbsp brown sugar  
2 tins crushed tomatoes  
1 tin tomato puree  
1 packet of tofu, diced and coated in gluten free flour

### Method

Bake the eggplant until golden brown and tender.

While baking, fry the mustard seeds (without oil) until they crackle, then add the minced ginger, chillies, garam masala, ground coriander, sugar and salt until aromatic. Add the crushed tomatoes and tomato puree and cook the sauce until it is slightly reduced.

While the sauce cooks, in a separate pan, heat the oil and fry the tofu until golden. Set aside to drain.

Add the eggplant and drained tofu to the sauce. Stir in the coriander stems.

Serve with brown rice and garnish with fresh coriander leaves.

