

# Tofu tikka masala



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**For 3-5 servings:**

**For the tofu marinade:**

250 g tofu, cubed  
3 cloves of garlic  
2.5 cm fresh ginger / 2 tsp. ginger powder  
1/2 teaspoon chili powder  
1/2 teaspoon salt  
the juice of half lemon  
100g soy yogurt  
1 teaspoon garam masala  
1/2 teaspoon turmeric  
1/2 teaspoon cumin powder  
1 tbsp sunflower oil

Prepare a paste of ginger, garlic, soy yogurt, lemon juice and spices. Pour over tofu. Mix well, cover and refrigerate for at least one hour.

Bake the tofu in the oven, on medium heat, 10 minutes on each side.

**For the masala sauce:**

2 tablespoons oil

3 large onions, chopped  
2 cans diced tomatoes  
150 g soy yogurt / a tin of coconut milk  
1 teaspoon mustard seeds  
3 cloves of garlic, finely chopped  
2.5 cm ginger / 2 tsp. ginger powder  
1 tsp. coriander powder  
1 teaspoon cinnamon  
1 tsp. turmeric  
1 teaspoon garam masala  
1/2 teaspoon chili powder (or fresh chili)  
1/2 teaspoon cumin powder  
salt and pepper, to taste

fresh coriander, finely chopped, to garnish

Heat the oil in a pan and add the mustard seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, cook for 2-3 minutes then add the garlic, the ginger, the spices and tomatoes. Cook for approx. 10 minutes then add soy yogurt / coconut milk and tofu. Simmer a few minutes, add salt and pepper to taste and garnish with fresh coriander.

Serve with basmati rice / [biryani](#) and/or [naan bread](#).