Cauliflower Tofu Korma

Serves 4  Prep time: 5 minutes Cooking time: 40 minutes

Ingredients:2 tbsp coconut oil or olive oil
1 tbsp mild curry powder
2 tsp garam masala
1 1/2 tsp salt
1 cup roughly chopped carrots
1 onion, peeled and roughly cut
3 cloves garlic, roughly chopped
1 (28 oz) can whole plum tomatoes
1/2 cup canned coconut milk
1 (350g/12 oz) pkg extra firm tofu, (pressed if you have time) cut into 1/2-inch cubes
1 small cauliflower, cut into bite-sized florets
2 tbsp lemon juice
2 tbsp chopped fresh mint or cilantro, to serve (optional)
Cooked brown rice or basmati rice, hot, to serve (optional)

Instructions:

1. In a large pot, heat oil; add spices, salt, carrots, onion, and garlic. Sauté for 8 to 10 minutes, until onions are translucent.
2. Add tomatoes and coconut milk, bring to a boil, reduce to medium, cover, and cook for 10 to 12 minutes, or until vegetables are very tender. Transfer to a blender or food processor or use an immersion/stick blender directly in the pot, and puree until smooth. Add back to pot if necessary along with tofu, cauliflower, and lemon juice. Bring to a boil, reduce to medium, cover, and cook until cauliflower is extremely tender, about 15 minutes.
3. Serve hot with brown rice, basmati rice, or quinoa, and a scattering of mint or cilantro.