Curried Tofu

with Husk Cherry Chutney & Masoor Dal

There's a world of lentils to choose from. From green to black, from bright orange to deep red. In this dish, we've chosen red lentils, called "masoor dal" in Hindi. We think their sweet nuttiness and delicate texture are perfect for curries, especially ones that are coconut based. To add a little spice to the lentils, you'll be using fresh curry leaf (not to be confused with curry powder, which is usually a mix of spices). Curry leaves have a distinct flavor and work wonders to build a strong flavor base.

Ingredients

1 Package Extra Firm Tofu
½ Cup Red Lentils
1 5.5-Ounce Can Coconut Milk
3 Ounces Husk Cherries
3 Cloves Garlic
1 Yellow Onion
1 Bunch Cilantro

Knick Knacks

2 Tablespoons Ghee
2 Teaspoons Curry Powder
1 Fresh Curry Leaf
1 Tablespoon Tamarind Concentrate
2 Teaspoons Chutney Spice Blend
(Black Mustard Seeds, Ground Ginger, Garam Masala & Ground Cardamom)

Makes 2 Servings
About 675 Calories Per Serving

Instructions

For cooking tips & tablet view visit ***blueapron.com/recipes/441***

1

Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Remove and discard the papery outer layer of the husk cherries. Halve the cherries. Drain the tofu and pat it dry; cut the tofu lengthwise into 4 planks. Cut off and discard the cilantro stems; finely chop the leaves. Peel and small dice the onion.

2

Start the dal:

In a medium pot, melt **half the ghee** on medium-high heat. Add the **curry leaf** and **half of both the onion and garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the vegetables have softened.

3

Finish the dal:

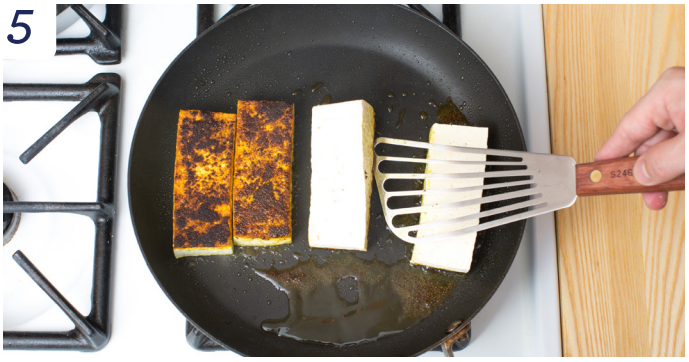
To the pot of aromatics, add the **lentils** and **half the curry powder**. Cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant. Add the **coconut milk** and **1½ cups of water**. Bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer, stirring occasionally, 18 to 20 minutes, or until the lentils are tender. Remove and discard the curry leaf. Season the dal with salt and pepper to taste; remove from heat.

4

Make the chutney:

While the lentils cook, in a medium pan (nonstick, if you have one), melt the **remaining ghee** on medium heat. Add the **chutney spice blend** and **remaining onion and garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the vegetables have softened and the mustard seeds start to pop. Add the **husk cherries**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the mixture is thickened and reduced in volume. Stir in **¼ cup of water** and cook, stirring frequently, 20 to 30 seconds, or until the water is mostly absorbed. Turn off the heat and stir in the **tamarind concentrate**. Transfer the chutney to a bowl and set aside. Wipe out the pan.

5



Cook the tofu:

Coat **1 side of each tofu plank** in the **remaining curry powder**. In the same pan used to cook the chutney, heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated tofu**, seasoned side down, and cook 5 to 7 minutes. Flip the tofu and cook an additional 2 to 3 minutes, or until browned. Transfer to a paper towel-lined plate.

6

Plate your dish:

Divide the **dal** and **cooked tofu** between 2 bowls and top with the **chutney**. Garnish with the **cilantro**. Enjoy!