

Palak Tofu

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Spinach, triple washed, stemless	5	Pounds
Onions, ¼" dice	2	Pounds
Olive oil, extra virgin	4	Ounces
Garlic, peeled	4	Ounces
Ginger, minced	2	Ounces
Tomato, ¼" dice	1	Pound
Curry powder	2	Ounces
Garam masala	0.5	Ounce
Cumin, ground	2	Ounces
Turmeric	0.5	Ounce
Cinnamon, ground	0.5	Ounce
Chili powder, dark	1	Ounce
Coconut milk	98	Ounces
Salt, kosher	2	Ounces
Black pepper, ground	0.25	Ounce
Sugar, fine, granulated	6	Ounces
Lemon juice, pure, real	0.3	Ounce
Tofu, firm	2	Pounds
Paprika, Spanish	1	Ounce

Preparation

1. Drain and dice tofu into 0.5 inch cubes. Toss with paprika, 0.5 oz of salt and 1 oz olive oil. Roast at 350 F for 12 minutes and cool.
2. Add remaining oil to stock pot and heat. Add ginger, garlic and onions. Sauté for 2 minutes. Add spices except sugar and sauté another 2 minutes.
3. Add coconut milk and sugar to the pot and bring to simmer. Slowly stir in spinach. Once spinach is added and wilted add lemon juice.
4. Allow mixture to simmer for ten minutes, stir frequently. Puree with emulsion blender.
5. Adjust sweetness, salt and spiced as needed.
6. Serve over basmati rice.