



# PRAWN TOFU MASALA WITH GARLIC TURMERIC BROWN RICE

Serving Size: 2 Preparation Time: 25 minutes





## INGREDIENTS

### Prawn Tofu Masala

- 200g tofu
- 200g prawns, deshelled and deveined
- 5 curry leaves
- 1 clove garlic
- 1 tomato
- ½ tsp HCS lower-sodium salt 
- ¼ tsp cumin seeds
- 1 tsp coriander powder
- 1 ½ tsp chilli powder
- ½ tsp black pepper
- ½ tsp turmeric powder
- ½ tsp garam masala
- 1 onion
- 1 bell pepper
- 1 stem coriander leaves
- 3 tbsp HCS oil 

### Brown Rice

- 1 cup brown rice (175g)
- 1 tsp turmeric powder
- 1 clove garlic
- 1 shallot
- 1 tsp HCS lower-sodium salt 
- 1 tbsp HCS oil 
- 3 cups water (750ml)



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## METHOD

### Brown Rice

- 1) Wash the brown rice to remove any residue.
- 2) Add the brown rice to the rice cooker with water.
- 3) Add turmeric powder, salt, garlic and shallots and oil into the rice cooker.
- 4) Cook completely for 25 minutes in the rice cooker.

### Prawn Tofu Masala

- 1) Add oil to a pan. Add tofu, sauté until lightly golden and crisp. Remove and place on a plate once done.
- 2) Add oil to a pan. Add prawns, sauté with salt and black pepper. Remove and place on a plate once done.
- 3) Add oil, curry leaves, cumin seeds, garlic, tomato and sauté for 1 minute.
- 4) Add onion, bell pepper, salt, turmeric powder, chilli powder, coriander powder and garam masala in a pan. Sauté for 2 minutes until the masala is mixed together.
- 5) Add in the tofu and the prawns, stir together with the masala thoroughly.
- 6) Garnish with coriander leaves and serve warm with the brown rice.