

Tofu kedgeree (Vegetarian) – Serves 2

You will need:

- 300g Firm tofu
- 1tbsp Korma powder
- 2 Eggs
- 300g Cooked wholegrain basmati rice (approx. 100g raw)
- ½ head Broccoli
- 10 spears asparagus

How to make it:

1. Cut the tofu into bite-sized chunks.
 2. Coat in korma powder and leave to one side until some of the curry powder has been absorbed into the tofu.
 3. Meanwhile, boil the rice according to the packet instructions.
 4. Steam the broccoli and asparagus until cooked al dente (still with a little bite!)
 5. Place the tofu in a frying pan with a little rapeseed oil and gently cook until golden brown (about 2 -3 minutes one each side).
1. Once the rice is cooked, drain from the boiling water and return to the pan.
 2. Add an egg to the rice and return to the heat, stirring until the egg is cooked.
 3. Add the tofu to the egg and rice and serve with the broccoli and asparagus.

What does this give you?

- 2 portion of protein
- 2 portions of vegetables
- 1 portion of starchy foods

The detail: per serving: 451kcal, 13.7g fat, 2.5g saturated fat, 47g carbohydrate, 3.1g sugar, 8g fibre, 30g protein, 0.3g salt

Preparation time: 10 minutes

Cooking time: 20-30 minutes

Approx. cost per serving: £1.81

Allergens: Contains eggs and soya.